

In Two Sections • Thirty Six Pages
The Only Newspaper Printed and Published in Hicksville

Mid-Island Times

& Levittown Times 35¢

Vol. 51 No. 6

USPS 346-760

Friday, February 5, 1993

Charity Breakfast



Vietnam Veterans of America, Nassau County Chapter member Paul Mast of Bethpage volunteers to help Vets Helping Vets Chairwoman Marie Dingos with the Committee's Pancake Breakfast. The Chapter's fundraising event will take place on Sunday, February 7, from 9 a.m. to 1 p.m. at the VFW Hall, 330 E. Broadway, Hicksville. The breakfast includes pancakes, scrambled eggs, sausage, bagels, juice, coffee and tea. Donations in the amount of \$5 for adults and \$3 for children and senior citizens will be used to fund projects for needy veterans.

Insider View On Fisher Case

The members of the Kiwanis Club of Hicksville were treated to an "insider's" perspective on the "Amy Fisher/Joey Buttafuoco Case" at their January 6 weekly luncheon meeting. Harvey Levinson, Esq. of the Nassau County District Attorney's Office spoke to members about many aspects of the case that has captured America's attention. Mr. Levinson is a supervisor of the now famed Assistant District Attorney Fred Klein.

Mr. Levinson also addressed the unique aspects of Nassau County's controversial "plea bargain" system. He explained that the system is a tremendous savings to taxpayers, as the courts could not otherwise adequately handle the huge volume of cases brought before it.

The Kiwanis Club of Hicksville is a service organization consisting of local residents and business leaders. Frequent speakers of interest are scheduled at their weekly luncheon meetings held each Wednesday at the Milleridge Inn. Speakers and prospective members are invited to contact Kiwanis at P.O. Box 772, Hicksville, N.Y. 11802.

Mercy League Military Bridge

Thursday, March 25, the Glen Cove/Hicksville/Syosset League of Mercy Medical Center will hold a Military Bridge at the Knights of Columbus Hall on Heitz Place in Hicksville.

For fun, many prizes, coffee and cake, come at 7:30 p.m. Entrance fee is only \$7 per person. You do not need to know how to play bridge. Instructions will be provided prior to the game.

Bring your friends for an exciting and fun-filled evening. For information, call Harriet at 433-5994 or Jo at 931-4485.

E.Q.R. Meets

A meeting of the Town of Oyster Bay Environmental Quality Review Commission (TEQR) has been scheduled for 9:30 a.m. on Tuesday, February 9, in the Environmental Control Division Conference Room, 150 Miller Place, Syosset. The agenda for the meeting will include discussion of pending projects and other general business.

Established in 1977, the TEQR Commission is authorized to study, analyze, investigate and report on all environmental impacts of applications submitted to, or actions contemplated by, the Town Board or other Town agencies.

Hicksville Baseball Registration Open

Registration will be held for all boys and girls interested in playing baseball/softball in April 1993, for ages 6-15 years. Where: Hicksville Public Library (Jerusalem & 2nd) When: Saturday, Feb. 6, 2-4 p.m.; Thursday, Feb. 11, 6-7:30 p.m.; Saturday, Feb. 13, 11 a.m.-2 p.m.; Thursday, Feb. 18, 6-7:30 p.m. * Any registrations after Feb. 18 are subject to a \$10 late fee. Cost: \$65 for 1st child and \$75 per family.

A \$20 uniform deposit is required at the time of registration by check dated July 1, 1993 per child. It will be returned to you at the end of the season when uniforms are turned in.

Babe Ruth Traveling Team cost is \$75 for boys 13-18 years. Players must tryout for Traveling Team.

Volunteers are needed to help run our organization smoothly. Parents get involved as Managers, Coaches, Team Mothers or Umpires. Just mark your application where you feel you can be most helpful! We need you!

Anyone 14 years or older interested in earning money umpiring for our league please contact Joe Caruso 937-6253. You will be trained and given reading material to learn rules of play.

Tables will be set up to take orders on jackets for anyone interested. They are black satin quilted with orange trim. A logo appears on the back and your name can appear on the front. Sweatshirts are our newest item available this year. Adults and children's sizes can be ordered for both items. Sizes and price information will be available at registration. Also samples will be there to view or try on for size.

Come join us at Hicksville Baseball Association...The Winning Way, serving the youth of Hicksville for 41 years!!!

Any questions contact: Carol Baglieri (Player Rep) 681-6144
Jerry Manna (Boys Pres) 681-1095
Greg Simonelli (Girls Pres) 735-6594

MSBA Holiday Bus Schedule

The Metropolitan Suburban Bus Authority will operate its buses on a weekday schedule on Lincoln's Birthday, Friday, Feb. 12.

School Bd. Initiates Plan For Child Care

By Maureen Traxler

During the last several years, the Hicksville Board of Education has from time to time discussed the possibility of establishing an after school, and quite possibly a before school, child care program. At the Board's January 27 meeting, the trustees approved such a program with the organization SCOPE to begin in September 1993.

"I am confident we can make the best program available to our kids," said trustee Richard Pfaender, the board member who was most active in the review of existing programs on Long Island. "What we put into it, direction and support, that is what we will get out of it," continued Mr. Pfaender, "These are our kids."

Superintendent Sal Mugavero explained that the program would be self-sustaining; the only cost to the district would be lighting. SCOPE will provide all supplies, arrange for staff and provide supervisors. The district will meet with representatives of SCOPE to tailor the program to the needs of the Hicksville community. Mr. Mugavero added that the Board's approval at this time will allow parents to take the district's program into consideration when making plans for their youngsters for next fall.

Mr. Pfaender and the Superintendent both emphasized that they wish to have the program conducted at each elementary school building. Mr. Mugavero stated that in his opinion, "Because of the nature of this community," the district will be able to provide the program at every elementary school. He pointed out that transportation will not be included.

Trustee Pfaender added that he would like to see SCOPE also provide a before-school program, and over time expand the program to include holiday, half-day and summertime services, possibly at a central location. Mr. Pfaender stated that should the program not be successful in the fall, if enrollment is not sufficient, SCOPE will make every effort to run the program for the full year to accommodate those attending. Two features of the existing SCOPE programs observed by Mr. Pfaender which he particularly favored were the employment of local residents in the program and the requirement of a sign-out procedure whereby children will only be released to persons whose signature are on file.

SCOPE requires an enrollment of 10 children per class. The cost is generally \$7 a day when enrolling five days a week, \$9 a day if enrolling for fewer than five days a week. Morning programs generally run \$5 a day. If more than one child per family is enrolled, the cost is reduced one dollar a day per child.

Assistant Superintendent Stuart Opdahl reported that the East Street Utilization Committee had set parameters for the use of the facility as follows: Monday through Friday operation, normal school hours, school format (non commercial, medical or clinical), one lessee with credible financial backing. The district should provide sufficient off-street parking, not to exceed 70 spaces. The Centre Street gate would be closed, speed bumps installed. The basketball court would be removed and area fenced.

In addition, the committee requested that the sale of the building and/or property not be an option, that the building be made available for local, state and national elections, that the playing fields be made available to the community during non-school hours and that the district seek to secure a long-term lease or purchase of adjacent vacant property to add to the greenery of the area.

Mr. Opdahl stated that the district had advertised for a tenant in the New York Times and Newsday and that 26 serious requests for information on the building had been received. To date, the district is looking into requests by the Public Library, the Court Reporting Institute and the Solomon Schechter Day School. Mr. Opdahl added that the district is "trying to secure a contract with anyone of these organizations."

Trustee Voley Martin reported that the task force on harmony and community pride met on January 20, with 23 representatives present. The evening's emphasis was on the high school and the committee identified both positive and negative forces at work. The recent addition of security presence in the high school has helped reduce graffiti, smoking and physical contact. The teachers seem to have a good interaction with the guards. Students first objected to the guards, but now admit that the guards are working well. It was

Continued On Page 11

Band Trip To Orlando

On May 20-23, students from Hicksville High School's Band, Orchestra and Chorus will be going to Orlando, Florida. As a fundraiser for this event, raffles are being sold by the students to help defray costs. Thursday, February 11, at the School's Winter Concert II, drawing for the raffles will be held. First prize will be a 386 PC Computer and among the impressive list of additional prizes will be: 20" remote control color TV, VCR, mountain bike and gift certificates to Ben's Kosher Deli and P.C. Richards.

The Band Parents Association of Hicksville High wishes to thank the following companies, who helped sponsor these prizes: United Computer Resources of Hicksville, P.C. Richards & Sons Appliance Stores, Williams Cyclery of Hicksville and Ben's Kosher Deli. Please purchase a raffle and help support this event!

LEGAL NOTICE

TO: ANNA STAUB
KENNETH LYKES
DIANE GWYER
HENRY LYKES
VINCENT LYKES
ANNA SHERROCK
VIOLET HALL SMITH
DOBOTHY HALL SMITH
ALICE COLLINS and any and all unknown persons whose names or parts of whose names and whose place or places of residence are unknown and cannot after diligent inquiry be ascertained, distributees, heirs-at-law and next-of-kin of said Charles H. Lykas, deceased, and if any of the said, above distributees named specifically or as a class be dead, their legal representatives, their husbands or wives, if any, distributees and successors in interest whose names and/or places of residence and post office addresses are unknown and cannot after diligent inquiry be ascertained.

GREETINGS
WHEREAS, L. ALYCE BROWN who is domiciled at 6 Stillwood Road, Brookhaven, New York 11719 has lately applied to the Surrogate's Court of our County of Nassau, to have a certain instrument in writing bearing date the 30th day of January, 1990, admitted to probate, together with a Codicil in writing, dated November 1, 1991, admitted as the Last Will and Testament and Codicil, relating to both real and personal property duly proved as the Last Will and Testament and Codicil of CHARLES H. LYKES, deceased, who was at the time of his death

LEGAL NOTICE
domiciled at 10 Adams Avenue, Bethpage, New York in said County of Nassau.

THEREFORE, you, and each of you, are cited to show cause before the Surrogate's Court of our County of Nassau, on the 3rd day of March 1993 at 9:30 A.M. of that day why the said Will and Testament should not be admitted to probate as a Will of real and personal property.

INTESTIMONY
WHEREOF,
We have caused the seal of the Surrogate's Court of our said County of Nassau to be hereunto affixed.

WITNESS, HON. C. RAYMOND RADIGAN,

Judge of the Surrogate's Court of our said County of Nassau, at the Surrogate's Office at Mineola, in the said County, the 4th day of Jan. 1993

Albert W. Petraglia
Clerk of the Surrogate's Court

This citation is served upon you as required by law. You are not obliged to appear in person. If you fail to appear, it will be assumed that you consent to the proceedings, unless you file written verified objections thereto. You have a right to have an attorney-at-law appear for you.

A TRUE COPY OF THE WILL MUST BE ATTACHED TO THIS CITATION.
ROBERT M. FOLEY, ESQ.
Attorney For Petitioner
Office & P.O. Address
900 Ellison Avenue
Westbury, N.Y. 11590
(516)883-0020
MIT2655
4x1/29-2/5,12,19

LEGAL NOTICE
NOTICE OF SALE
SUPREME COURT
NASSAU COUNTY
ASTORIA FEDERAL SAVINGS & LOAN ASSOCIATION vs. JAMES RERISI, et al., defts.
Index No. 1991/91.

Pursuant to a Judgment of Foreclosure and Sale duly entered on December 10, 1992, I, the Referee in said Judgment named, will sell at public auction to the highest bidder on the north front steps of the Old County Court House, 262 Old Country Road, Mineola, NY, on February 26, 1993, at 9:00 in the forenoon, the premises directed by said Judgment to be sold and described as follows: BEGINNING at the corner formed by the northerly side of 3rd Street and the westerly side of Jerusalem Avenue, being a plot 100 ft x 125 ft. Said premises

LEGAL NOTICE

being more accurately described in the Judgment of Foreclosure and Sale. Judgment Amount: \$241,512.67 plus interest, expenses allowed in judgment paid by plaintiff, and costs, disbursements, and legal fees. Sold subject to the right of the United States to redeem within 120 days from the date of sale as provided by law. Subject to covenants, easements and restrictions of record and any state of facts an accurate survey may show. Subject to rights, if any, of tenants and persons in possession. Subject to all departmental violations, if any. Premises known as 200 Jerusalem Avenue, Hicksville, N.Y.

ROBERT BARD
Referee
THOMAS & GRAHAM
Plaintiff's Attorneys
MIT 2654
4x1/29; 2/5, 12, 19

Youth Council Monthly Events

The Hicksville Youth Council Leisure Time Program has some exciting events planned for the months of Feb. and March. The Open Gym will be held at the Hicksville Middle School on Jerusalem Ave. every Friday night at 6 p.m. There will also be a Movie Night held back at the Youth Council immediately following the Open Gym. Call 822-KIDS for the movie of the week, all movies start at 8:15 p.m. Both the Movie Night and the Open Gym are free of charge for all Hicksville youth between the ages of 13-21.

Other events in February include a ski trip to Brodie Mountain, a trip to see the Harlem Globetrotters at the Nassau Coliseum, and a Bowling Trip. March events include a trip to see the Monster Truck Show at the Nassau Coliseum and a Roller Skating trip.

You must be between the ages of 14-21 to attend any of the events. All youth under the age of 18 must have a permission slip signed by a legal guardian. Most of the trips require a fee which includes transportation. For permission slips stop by the Hicksville Youth Council at 175 West Old Country Road, Hicksville. If you have any questions call 822-KIDS and ask for Karen or Mike.

Old Testament

On Saturday, February 6, the Church of Christ of Hicksville is organizing an "Old Testament Learning Adventure" at Trinity Lutheran Church from 9 a.m. to 5 p.m.

The "Old Testament Learning Adventure" is designed by "Walk Thru The Bible Ministries." The seminar takes you through the Old Testament in one day, without focusing on any church doctrine.

WTB uses innovative learning techniques. No note-taking is involved and yet the program has been proven to be very effective.

If you would like information or material regarding the seminar or if you would like to receive a registration form, please call The Church of Christ of Hicksville at 935-3855.

THE EDITOR'S NOTEBOOK

How To Thwart Car Thievery

Nassau County District Attorney Denis Dillon reminds residents this week that car related thefts comprise a large percentage of recorded larcenies. This includes the theft of property contained in the vehicle, theft of car accessories and the theft of the vehicle itself. There's no escaping it - if you own a car, the problem involves you.

Dillon says, "Every motorist, rich and poor alike, winds up paying a share of the cost for car thefts. Even if your car has never been stolen, or you never had your car radio ripped out or the contents of your trunk swiped, you pay everytime you write out a check for an insurance premium."

The DA said, "Most people who take cars are young, opportunistic criminals, who are looking for an easy target. Given the number of cars on Long Island and the carelessness of some owners, they normally don't have to wait long. The first step in preventing the crime is always to employ existing security."

Dillon suggested the following:

- Lock all doors, close all windows and engage the steering lock, even if you are only leaving the vehicle for a short time.
- Augment the security of steering locks by employing an additional locking mechanism to the steering wheel or operating pedals.
- At night, park in well lit areas.
- Car alarms are a proven deterrent.
- Remove all property from an unattended car.
- Don't attempt to disguise property with coats, blankets, etc. They may act as an advertisement to the experienced thief.
- Some radios can be easily removed so that you can take them with you when you leave the car. Others are security coded, and will not operate without the proper number being keyed in.

Dillon said, "Next to your home, your car may be the most expensive purchase you'll ever make. It is in all our interests to try and reduce the opportunity of car thefts."

Operation: Safe Child



Officer Bienkowski talks with first graders Nicole McGovern, Kerry Sullivan, Kelly Ward, Peter Cons, Ryan Roberts, and Diana Massaro after his presentation.

Officer John Bienkowski of the Nassau County Police Department presented the program, **Operation: Safe Child**, to the first graders at St. Ignatius Loyola School in January. The program deals specifically with safety with strangers. Officer Bienkowski taught the children how to deal with strangers in different situations. The children had the opportunity to ask questions at the end of the program.

Officer Bienkowski was congratulated for the commendable job that he does in teaching safety programs to school children in Nassau County!

GRANDPARENTS - Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. Just send a photo and a brief description of the child (or children) along with your name and address to: Litmore Publications, Beautiful Grandchildren Contest, 81 East Barclay St., Hicksville, N.Y. 11801. We'll do the rest!

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K Of C Testimonial Dinner Dance

On Saturday, January 16, the Joseph Barry Council K Of C held its Annual Testimonial Dinner Dance honoring its Past Grand Knight. This year's honoree was Steve Stiehle. Approximately 150 attended including Chaplain Father Peter Liu of St. Ignatius Church as well as a number of State Officers - State Deputy Ray Pfeifer and his wife Sara, State Warden and Past Grand Knight of Joseph Barry Council Jim Carroll, Secretary to the State Deputy Robert Stein and his wife Paula, Warden to the State Deputy George Hinerth and his wife Nancy, District Deputy from the 20th District Walter Skinner and his wife Pat and District Deputy for the 15th District and Past Grand Knight of Joseph Barry Council Bill Henne and his wife Edna. Also present was Councilman Thomas Clark who is also a member of Joseph Barry Council.

Steve was honored with many certificates from both the State and local officials including at TOB Certificate presented by Councilman Clark on behalf of the Town Board. Joseph Barry Council presented Steve with a new set of Golf Clubs and his wife Janice received a "thank you" bouquet of flowers from Dot, the wife of the present Grand Knight Joe Leo, Jr. Following the formal portion of the evening, everyone present enjoyed an evening of good food, good music and good companionship.

The Testimonial was chaired

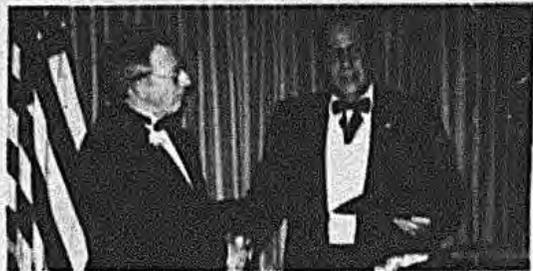
by Past Grand Knight Frank Grand Knight Ed Kelly and Gariboldi, assisted by Past Past Grand Knight Joe Kenyon.



Left to right: PGK Steve Stiehle and wife Janice, wife Sara and State Deputy Ray Pfeifer, wife Dot and Grand Knight Joe Leo Jr.



PGK Steve Stiehle receiving congratulations from State Warden and PGK Jim Carroll.



PGK Steve Stiehle receiving plaque from District Deputy Bill Henne.



Past and present Grand Knights - Left, PGK Steve Stiehle. Right, Grand Knight of Joseph Barry Council Joe Leo, Jr.



PGK Steve Stiehle and his wife Janice receiving applause upon entering the hall.



PGK Steve Stiehle receives his PGK Jewel from present Grand Knight Joe Leo Jr.



Councilman Thomas Clark presenting PGK Steve Stiehle with a TOB Citation.



Janice Stiehle, wife of PGK Steve Stiehle, receiving "thank you" flowers from Dot Leo, wife of present Grand Knight Joe Leo, Jr.

BUICK

<p style="text-align: center; font-weight: bold; font-size: 1.1em;">'93 LE SABRE</p> <ul style="list-style-type: none"> • A/C • Auto Transmission • Power Windows / Locks • Power Seat / Antenna • Cruise / Tilt • AM/FM Stereo • STK # 9155 <p style="font-size: 1.5em; font-weight: bold;">\$289</p> <p style="font-size: 0.8em;">Per Mo. 36 Mo. Lease</p>	<p style="text-align: center; font-weight: bold; font-size: 1.1em;">'93 PARK AVE</p> <ul style="list-style-type: none"> • Dual A/C • Cruise / Tilt • Power Windows / Locks • Power Seats / Antenna • AM/FM Stereo w/ Cass • STK# 9109 <p style="font-size: 1.5em; font-weight: bold;">\$399</p> <p style="font-size: 0.8em;">Per Mo. 36 Mo. Lease</p>
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*Pymt. based on closed end leases subject to approval of primary lending source. Due of inception: 1st & last mo. pymnt. + \$400 base fee + \$995 cap cost reduction + \$200 for Le Sabre, after assignment of \$500 rebate to dealer & \$2743 to Park Ave, after assignment of \$1000 rebate to dealer. Tax & MV fees add. Mileage charge of 15¢ per mi. in excess of 30,000 miles. Total of mo. pymnt: Le Sabre- \$10,404. Park Ave- \$14,284. Lessee respons. for excess wear & tear. Purchase option not included. Valid thru 1/28/93.

GARDEN BUICK

283 No. Franklin St., Hempstead
1 Mi. So. of Bloomingdale's Garden City

483-2700

OPEN SUNDAY 12-5

JEEP

<p style="text-align: center; font-weight: bold; font-size: 1.1em;">'93 CHEROKEE</p> <p style="font-size: 0.8em; font-weight: bold; background-color: black; color: white; padding: 2px;">SPECIAL OFFER</p> <ul style="list-style-type: none"> • Air Conditioning • Auto Transmission • 6 Cyl. Engine • Rear Defogger <p style="font-size: 1.5em; font-weight: bold;">\$169</p> <p style="font-size: 0.8em;">PER MO. 30 MO. LEASE Order Yours Today</p>	<p style="text-align: center; font-weight: bold; font-size: 1.1em;">'93 GRAND CHEROKEE LAREDO</p> <p style="font-size: 0.8em; font-weight: bold; background-color: black; color: white; padding: 2px;">LEATHER AVAILABLE</p> <ul style="list-style-type: none"> • Air Conditioning • Auto Transmission • AM/FM Stereo w/ Cass • Roof Rack • Convenience Group • Rear Defogger • Rear Console <p style="font-size: 1.5em; font-weight: bold;">\$269</p> <p style="font-size: 0.8em;">PER MO. 30 MO. LEASE Order Yours Today</p>
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*Pymt. based on closed end leases subject to approval of primary lending source. Due of inception: 1st & last mo. pymnt. & \$2399 cap cost reduction Cherokee = \$2737 after assignment of \$500 rebate to dealer; Grand = \$2937. Tax & MV fees add. Mileage charge of 15¢ per mi. in excess of 25,000 miles. Purchase option not included. Total of mo. pymnt: Cherokee \$5370. Grand \$8070. Lessee respons. for excess wear & tear. Valid thru 1/28/93.

GARDEN JEEP

283 No. Franklin St., Hempstead
1 Mi. So. of Bloomingdale's Garden City

483-2700

OPEN SUN 12-5

Students Enjoy Classical Concert

On Jan. 19, the children in grades K-8 at St. Ignatius Loyola School were treated to a one-man concert. The concert was given by Seth Himmelhoch of Spectrum Educational Services. Mr. Himmelhoch explained the origin of the guitar.

He demonstrated the use of the classical guitar to play a variety of types of music such as classical, rock and roll, blues, and jazz.

Mr. Himmelhoch provided a worthwhile and enjoyable experience for the children!



Mr. Himmelhoch talks with third graders David Sattler, Courtney Dowdell, Christopher Donovan, and Katherine Castoro after the concert.

Birthday Party



Oyster Bay Town Clerk Carl L. Marcellino (second from left) recently visited the Bethpage Senior Citizen Community Center to attend the birthday party of 94 year-old Angle Trapped! (left). Also on hand for the occasion were President Fran Willner (center), Director Irene Amodeo, and Historian Jim Toscano.

Teens Needed To Become Tutors

Teenagers are needed to volunteer to become tutors for the Hicksville Youth Council's Peer Tutoring Program. The philosophy of the Tutoring Program is that teens feel more comfortable with other teens therefore, may be more motivated to learn from their peers. The program started out very strong in September and we would like to keep it going throughout the year!

The Youth Council is looking for teens to tutor in a variety of subjects. All tutoring is done after school at the Youth Council. Tutors are asked to volunteer at least one hour per week.

Tutors will receive a letter from the Youth Council stating that they performed community service work. This letter is important as colleges and prospective employers look for this type of reference from applicants. Involvement in the Tutoring Program can also provide personal satisfaction as volunteers will be helping others in their own community.

For more information call the Youth Council at 822-KIDS Monday through Thursday between 10 a.m. and 9 p.m., and Friday between 10 a.m. and 6 p.m.

LEGAL NOTICE NOTICE OF SALE SUPREME COURT NASSAU COUNTY CITIBANK, N.A., Plff. vs. JOHN R. BEUT- LEMAN et al, Defts. Index #15844/91

Pursuant to judgment of foreclosure and sale dated July 29, 1992, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, N.Y. on Mar. 8, 1993 at 10 a.m. prem. k/a 27 Fireplace Lane, Hicksville, N.Y. said property located on the easterly side of Fireplace Lane, 245.49 ft. southerly from the corner formed by the intersection of the easterly side of Fireplace Lane with the southerly side of Cloister Lane, being a plot 100 ft. x 60 ft. Approx. amt. of judgment is \$102,441.24 plus costs and interest. Final bid is \$123,000. Sold subject to terms and conditions of filed judgment and terms of sale.

HAROLD S. MELTZER,
Referee
GREENBURG & POSNER,
Attys. for Plff.,
399 Knollwood Rd.,
White Plains, N.Y.
MIT2656
4x2/5,12,19,26

North Shore Quilt Competition

With the help of Long Island's residents, North Shore University Hospital will celebrate the Manhasset campus' 40th anniversary and the Glen Cove campus' 65th year by permanently displaying two original quilts in the hospital lobbies. Long Islanders of all ages are invited to participate in the Anniversary Quilt Competition, which will give them the opportunity to be part of North Shore's history by designing and creating their own squares. The winning designs will be incorporated into a quilt showing "The Joys Of Life."

Anyone who likes to sew or quilt is invited to submit a design. Some may be inspired to enter the competition because of their own experiences at the hospital - the birth of a child or the care of a loved one. Others may simply wish to display their creative abilities to the thousands of visitors who pass through the hospital lobbies each year.

Individuals, quilting societies, schools, churches, synagogues and community groups are invited to submit entries. The hospital hopes to receive entries from volunteers, employees, as well as community members. All original designs that depict the theme, "The Joys Of Life" are welcome.

A number of Long Island's businesses and organizations, including Thompeon Industries and Publishers' Clearing House of Port Washington, are supporting the competition. Prizes will be awarded in three categories. The Long Island Quilters' Society and the Eastern Long Island Quilters' Guild will assemble the quilt as a gift to the hospital.

Entries must be submitted by April 30. Entry forms are available at the reception desks of both the Manhasset and Glen campuses, and at participating quilt shops. For further information, please call Carolyn Fostal at 928-5843.

LEGAL NOTICE

**TO: ANNA STAUB
KENNETH LYKES
DIANE GWYER
HENRY LYKES
VINCENT LYKES
ANNA SHERROCK
VIOLET HALL SMITH
DOROTHY HALL SMITH
ALICE COLLINS** and any and all unknown persons whose names or parts of whose names and whose place or places of residence are unknown and cannot after diligent inquiry be ascertained, distributees, heirs-at-law and next-of-kin of said Charles H. Lykes, deceased, and if any of the said above distributees named specifically or as a class be dead, their legal representatives, their husbands or wives, if any, distributees and successors in interest whose names and/or places of residence and post office addresses are unknown and cannot after diligent inquiry be ascertained.

900 Ellison Avenue
Westbury, N.Y. 11590
(516)683-0020
MIT2655
4x1/29;2/5,12,19

LEGAL NOTICE NOTICE OF SALE

SUPREME COURT: NASSAU COUNTY. THE GREEN POINT SAVINGS BANK, Plff. vs. DOMINICK TULIMIERO, et ano, Defts. Index #05833/91. Pursuant to judgment of foreclosure and sale dated July 18, 1991, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY on Feb. 17, 1993 at 9:15 a.m. prem k/a 6 Marsak Lane, Syosset, NY. Said property located on the northwesterly side of Nathan Court, 144.20 ft southwesterly when measured along the northwesterly side of Nathan Court from the southwesterly end of a curve having a radius of 10 ft and a length of 15.38 ft, which curve connects the northwesterly side of Nathan Court and the Southwesterly side of Belmont Circle and from said point of beginning; being a plot 65 ft. x 100 ft. Approx. amt. of judgment is \$185,896.77 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale.

**EDMC GOWAN, Referee
CULLEN & DYKMAN,**
Attys. for Plff.,
100 Quentin Roosevelt Blvd.
Garden City, N.Y.

SYO8647
4x01/15,22,29;02/05

LEGAL NOTICE

ATF ASSOCIATES LIMITED PARTNERSHIP has been formed as a domestic limited partnership (LP), Certificate filed with secretary of State of New York (SSNY) 12/3/1992, NY office location: Nassau County, SSNY is designated agent upon whom process against the LP may be served. SSNY shall mail a copy of any process against the LP served upon him/her to: Dreyer and Traub, 101 Prk Ave., NY, NY 10178, ATT: Roger W. Thomas, Esq. Name and address of each general partner is available from SSNY. Term: until Jan. 1, 2042. Purpose: to own, manage and lease real property.

SYO 8643
6X 1/1/93, 8, 15, 22, 29, 2/5

Hicksville Library Changes Hours

Hicksville Library Board Trustee Anthony Previte, on behalf of the Library Board of Trustees, announces a change in library hours.

Effective February 1, the library will be open from 9 a.m. - 9 p.m. from Monday-Thursday, 9 a.m. - 7 p.m., on Friday, and 9 a.m. - 6 p.m. on Saturday. The library's Sunday hours will remain unchanged.

"It is the hope of the Library Board and administration that the 9 a.m. opening will better serve library patrons and encourage further utilization of the many services the library offers," said Mr. Previte.

Last Frontier

Naomi and Jesse Taub will take you on a photographic cruise to Antarctica on Wed., Feb. 10 at the Bethpage Library. Join the Taubs as they recount their exciting trip to the South Pole. Through the eyes of their camera you will sail close to the icebergs and swim with the seals and whales. Take a walk with the penguins and their chicks, and fly with the albatross, petrels and other sea birds in a land that teems with unusual life!

After the show, the Taubs will be happy to answer your questions as you discuss Antarctica's past and explore its future.

Admission is free. All are welcome.

The library is located at 47 Powell Ave., two blocks west of Exit 8 on the Seaford-Oyster Bay Expressway (Rt. 135), phone 931-3907.

LEGAL NOTICE SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF NASSAU Index No. 13544-90

Citibank, N.A. Plaintiff
NOTICE OF SALE
Against
William Carriero Defendant
et al

Pursuant to a judgment of foreclosure and sale entered herein on December 3, 1990, I, the undersigned, the Referee in said judgment named, will sell at public auction at the North Front Steps of the County Court House, 262 Old Country Road Mineola, New York, County of NASSAU, State of New York, on February 16, 1993 at 9:00 A.M., on that day, the premises directed by said judgment to be sold and therein described as follows:

Said premises being known as and by street address 175 12th Street, Bethpage, New York 11714
Dist: Section: 46 Block: 34 Lot: 47

Citibank's upset price for this property is \$100,000.00. This is a proposed amount only. Citibank reserves the right to accept a higher or lower bid at the foreclosure sale.

Said premises are sold subject to any state of facts an accurate survey may show, zoning restrictions and any amendments thereto; covenants restrictions, agreements, reservations and easements of record; municipal departmental violations, and such other provisions as may be set forth in the complaint and judgment filed in this action.

Dated: Syosset, New York
December 22, 1992
John F. Bogut, Esq.
REFERE

Phillip Irwin Aaron, P.C.
Attorney for Plaintiff
115 Eileen Way

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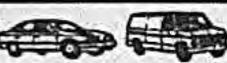
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Friday, February 5, 1993

40th Anniversary Old Country Rd. School

The month of December brought with it a very special occasion to Old Country Road School - the 40th Anniversary of the day it first opened its doors on December 15, 1952. To commemorate this special event, promote school spirit and celebrate the importance of education, the OCR PTA organized anniversary activities throughout the month of December.

To begin our celebration, every window in the school building was decorated with a blue birthday candle and a large blue and white tiger (OCR's school colors and mascot) holding a birthday cake, greeting everyone entering the building lobby. Royal blue sweatshirts and hats, bearing a special 40th anniversary logo were sold, and the profit from the sale of these items enabled the PTA to purchase a "Birthday" gift for every student and staff member - a blue and white button that depicts the OCR Tiger proclaiming "Old Country Road Kids are Tiger-rific!"

On December 11, the adults of OCR were able to participate in the anniversary celebration by attending a Dinner Dance held in the school. Parents, staff members, administrators and board members enjoyed a delicious turkey dinner, dessert table and danced the night away to the music of D.J. Dave Ferrin. A wonderful evening was enjoyed by all, despite the stormy weather outside.

On December 15, the actual date of OCR's opening, a "Birthday Party" was held for the students. They were treated to an exciting magic show, performed by "Maljean the Magnificent," and then sang Happy Birthday to Old Contry Road School, accompanied by 5th grade student Jennifer Perkowski's talented piano playing. Principal, Mrs. Geraldine Silver, and past PTA president Mrs. Nancy Callari, then blew out the candle on a huge cake, made of hundreds of blue and white iced cupcakes. The cupcakes were a special dessert treat enjoyed by the students at lunchtime.

While the birthday party was taking place inside the school, a very special event was also happening at the front of the building. The cornerstones of the school, set in place 40 years ago, was opened revealing a copper box filled with memorabilia. It contained a copy of the Mid-Island Herald, letters and memorabilia from the High School, Junior High School, E. Nicholas Street School, a history of Hicksville and a silver coin from a local bank, among many other items. A remarkable coincident occurred when PTA Vice President Carol Koegl, who had the honor of opening the material in the box, found in her hands a letter which informed her that the student representative at the cornerstone laying ceremony was Marjorie Hamilton, who at that time resided in the house Mrs. Koegl and her family now live in.

All the memorabilia in the cornerstone was photocopied and documented by the PTA and returned to the cornerstone, along with some

new items - a banner signed by the students and staff of OCR, a "Birthday Button," programs from 40th anniversary events, copies of school newsletters, a current newspaper, a detailed history of Old Country Road School, compiled and written by Eileen Vogler, and a letter from principal, Mrs. Silver. Some of the items added to the limited space available. With that, the cornerstone was cemented back into place, to be reopened by future generations of Old Country Road School.

As a permanent reminder of OCR's 40th anniversary the PTA has presented the school with a mural. The painting, by artist Camillo Caporelli, is 4' x 8' and depicts children at work and play.

The OCR PTA thanks all the members of the anniversary committee, Mrs. Silver, principal, the staff and teachers, Mr. Shaw and his staff, and the PTA executive board for their hard work and dedication in making this special time such a memorable one for all.



Old Country Road School's cornerstone 40 years later —



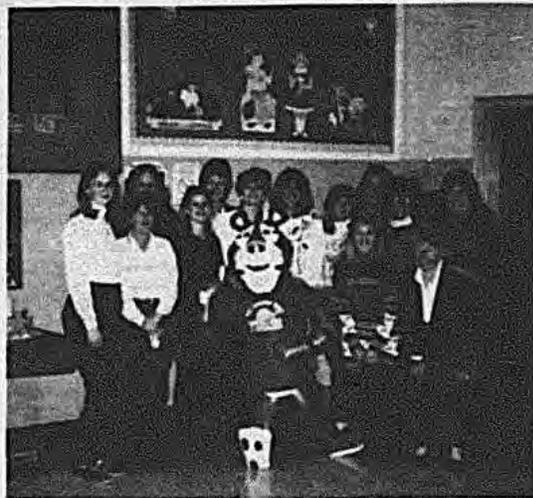
Mr. Munch, Mr. Sweeney, Mr. McKee removing copper history box.



Contents of copperbox revealed



Students enjoying "Maljean the Magnificent's" magic show



40th Anniversary Committee members: L-R: Nancy Callari, Eileen Vogler, Laura Staton, Karen Thomas, Toni Martin, Janine Segura, OCR's Tony the Tiger in his official OCR shirt, Linda Connolly, Bonnie Keyer, Arlene Robinson, Carol Koegl, Jan Matthiessen, Maureen Abberton and Mary Beth Becker. Not shown: Joyce Goraki, Norine Mack, Sharon Holtzapfele.



Principal, Mrs. Silver and past PTA President, Nancy Callari blow out OCR's Birthday candle.



Diana DePalma, Chris Matthiessen, Jan Matthiessen, Miles and Arlene Robinson, Donna Giacopino, along with alumni John Flynn, Jackie DePalma, Anthony Intintoli, Lauren Giacopino enjoy celebrating at OCR's Dinner Dance.

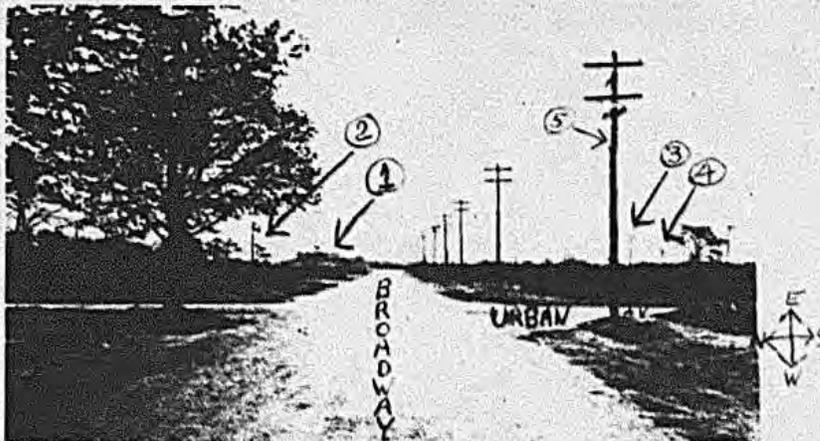


The Stopeks, the Goldfarbs, the Voglers and Robersons enjoy an evening of good food and conversation.

Jottings From Yesteryear



OCR 5th grade student Jennifer Perkowski assisting teachers, students, parents, staff singing "Happy Birthday" to OCR using her talent in playing the piano.



By Bill Clark

I just sat down to write, while using my remote to change TV from King Kong to the Lucy Show and the Super Bowl. While watching, I was reminded of my mother when I was young, telling me before going anywhere to be sure to go if I had to and not end up later holding myself and jumping around later. Nowadays they do the same thing and call it a show. Times change.

Last week a gentleman had a crystal clean milk bottle with the cap and the cover cap from Fairway Farms, a former dairy on Burns Avenue which was owned by the Staryk family years ago. There is always something tucked away from the past. Today I came across a 3" pin of Archie Bunker reading around his photo "Bunker in '72 - Chaos in '73." I hear he is very ill

In 1988 this picture was printed in the Mid Island Times asking where it was located. One man, Anthony Tafuro, of New Cassel gave the correct site. I have marked various items to help locate areas. #4 - LIRR poles, #3 power poles on Railroad Ave., #2 poles on Prospect Ave. (W. John Street in Hicksville), #5 is Broadway. #1 is the long, now many family building that was once a button factory. I remember it when it was located on the North side of Old Country Road, before being moved to present location in the 20's with now Wantagh Parkway in back of it. Broadway & Railroad Avenue join near the area. Picture from Gregory Historical files.

Looking at the line of cars at the bridges toll booths, is like the 20's and 30's when roads were narrow and they were digging up Queens Boulevard to construct the subway. I remember the huge detours, muddy,

bumpy roads. Also like toll booths on the Southern State Parkway. And the time it took to ride home from Jones Beach. Brrrr it is too cold today to even mention a beach:



Mr. Sweeney preparing to put cornerstone back into place... for the next 40 years.

Happy New Year Long Island Seniors!

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Health Care Discussed



Sara LaManna, R.N., a representative of SANUS Health Plan of Greater New York/New Jersey, was the guest speaker at a recent meeting of the Senior Wednesday Club at the Mid-Island Y Jewish Community Center in Plainview. She spoke about SANUS 65. This Medicare coordinated health care program, approved by the federal government, features 100% hospital, surgical, and physician coverage with no premiums or deductibles. Ms. LaManna (center) is pictured here discussing the program with club members (left to right): Beasie Woldar, Evelyn Fried, Charlotte Kaye, and Sylvia Greenspan.

Divorce Workshop At Bethpage Library

Leonard Mrlow, a pioneer in the field of divorce reform and mediation and author of *Divorce and the Myth of Lawyers*, will give a lecture at the Bethpage Public Library on Thursday, February 18 at 7:30 p.m. Mr. Mrlow has had thirty years combined experience as both a divorce lawyer and divorce mediator. He will discuss the rights of divorcing couples to seek and receive better, fairer and more compassionate treatment from the American justice system - both for themselves and their children. Many Americans contemplating divorce are not aware that there are alternatives within the system that are far better than protracted battles that often accompany the decision to divorce.

Don't miss this opportunity to hear a noted specialist in the field discuss important changes that can be made in the legal system to aid divorcing couples. Admission is free - All welcome.

The library is located at 47 Powell Ave., two blocks west of Exit 8 on the Seaford-Oyster Bay Expressway (Rt. 135), phone 931-3907.

Circulation Increases

Hicksville Public Library Board Trustee Anthony Previte is pleased to announce that library circulation had increased to 246,109 in 1992 as compared to 220,547 in 1991, an increase of 25,562.

"The Library Board of Trustees are very happy to show an increase in circulation and hope to increase those numbers even further in 1993," said Mr. Previte. He also pointed out that the library offers many programs to provide patrons the books and materials they need.

St. Ignatius Grads Achieve Honors

The administration of St. Ignatius Loyola School has been notified of the accomplishments of several graduates.

Michelle Montalbano, a 1985 graduate, is a senior majoring in Electrical Engineering at New York Institute of Technology. Michelle received the school's Presidential service Award from N.Y.I.T.'s President Matthew Shure for her outstanding contributions to the school.

Michael Mirabella, a 1992 graduate of St. Ignatius, is a freshman at Division Avenue High School in Levittown. Michael was named to the Honor Roll for the first quarter of the school year.

Jon Gilford, a senior at St. Mary's High School in Manhasset is a 1989 graduate of St. Ignatius. Jon achieved First Honors for the first marking period.

Rosan Zoleta, a 1989 graduate of St. Ignatius, Susan Rutherford and Elizabeth Smith, 1990 graduates, Tabytha Stlier and Nicole Rutherford, both of the class of 1991, and Ginamarie Palmieri, a 1992 graduate, all received honors at Our Lady Of Mercy Academy in Syosset. Tabytha Stlier received First Honors for the first trimester. Rosan Zoleta, Susan Rutherford, Elizabeth Smith, Nicole Rutherford, and Ginamarie Palmieri all received Second Honors.

Congratulations to each of these graduates for their outstanding achievement!

LEGAL NOTICE

Tor J. Worsoe, CAI Auctioneer as Agent sells February 25, 1993, 2 PM, at 5700 Merrick Rd., Massapequa, NY, 1988 4DSD Range Rover SALHV114XJA307188 Re: Residential Land Serv. Inc., J. Neugarten Properties. MIT 2637 2X 2/5, 12

LEGAL NOTICE

NOTICE OF SALE SUPREME COURT COUNTY OF NASSAU

Alliance Funding Company, Inc. as successor to Alliance Funding Company, Plaintiff against Himer P. Romana, et al., Defendant(s).

Pursuant to a judgment of foreclosure and sale entered herein and dated April 6, 1992, I, the undersigned Referee will sell at public auction at the north front steps of the County Court House, 262 Old Country Road, Mineola, County of NASSAU, State of New York, on March 3, 1993, at 9:30 a.m., premises on the easterly side of Henni court, 517.14 feet from the northerly side of Barry Lane, being a plot 50.74 feet by 115.53 feet by 152.56 feet by 96.60 feet and known as 24 Henni Court, Syosset, Town of Oyster Bay, State of New York.

Approximate amount of lien \$91,696.60 plus interest and costs. Premises will be sold subject to provisions of filed judgment, Index Number 31845/91.

Dated: January 19, 1993
Robert S. Breitbart, Esq.
Referee
Zavatsky & Mendelsohn
Attorneys for Plaintiff
P.O. Box 510
33 Queens Street
Syosset, New York
11791-0510

SA 8649
4x1/29; 2/5, 12, 19

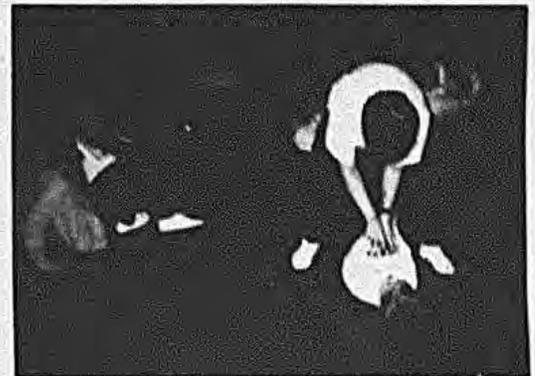
Fit At Forty

Parents, teachers, staff and children of the Dutch Lane School enjoyed an evening of

aerobic dance and fun. The theme of the evening was "Fit at Forty" in recognition of Dutch Lane's fortieth birthday.



Teachers Mrs. Peggy Lynn and Mrs. Beth Norton-Taylor celebrate Dutch Lane's 40th birthday with Jason Condor and Angela Bruno.



Mrs. Leo and son Frankie twist to the music at Dutch Lane's 40th Birthday Party.



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We take pride in using the highest quality ingredients and top-of-the-line products in making our pizzas, heroes, and dinners.

Here are some introductory coupons. Try us, you'll love us!

Buy 1 dinner Get 2nd dinner half-price <small>with coupon only</small>	Buy 2 heroes Get 3rd FREE <small>with coupon only</small>	1 large ple \$5.99 +tax <small>with coupon only</small>	FREE 1 liter Soda w/order \$10 or more <small>with coupon only</small>
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coupons cannot be combined

Eat in · Take out

GINO'S PIZZA

324 N. Broadway, Hicksville 935-8080
2 blocks South of N. State Pkwy

742-5867

Tax Assistance At Bethpage Library

Tax time is here again and you can make the hassle easier by taking advantage of the services offered by the Bethpage Library. There will be two free of charge programs to help you in preparing your 1992 state and federal income tax returns. One is the AARP/TCE (Tax Counseling for the Elderly) which will be available every Monday from February 1 to April 12 from 12 noon to 4 p.m. Please bring last year's return and pertinent papers with you. The other program is the Nassau Community College Volunteer Income Tax Assistance Program (VITA) which will be available every Saturday from February 6 through April 10, from 1 p.m. to 4 p.m. There is no age limitation for the VITA program.

In addition, there are tax forms as well as both reference and circulation copies of tax handbooks available at the Reference Desk. For further information about tax assistance call the adult reference desk of the Library at 931-3907.

The library is located at 47 Powell Avenue, two blocks west of Exit 8 on the Seaford-Oyster Bay Expressway (Rt. 135).

LEGAL NOTICE SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF NAS- SAU

NOTICE OF SALE WORLD SAVINGS AND LOAN ASSOCIATION,

Index No.
16279/91
Plaintiff,

against

SUSAN M. BOERCHZEL,
SCOTT E. BOERCKEL,
PETER ENGLMAN,
COLORMART, INC.,
DORTMAN INDUSTRIES,
INC. d/b/a WINDOW
WORLD, CENTRAL
FEDERAL SAVINGS
BANK, DRYOLIN COR-
PORATION, STROBER
LONG ISLAND BUILD-
ING MATERIALS
CENTERS, INC., STATE
TAX COMMISSION, IN-
TERNATIONAL SCREW
& BOLT, DYKIS LUMBER
COMPANY,

Defendants.

Pursuant to Judgment of Foreclosure and Sale dated July 23, 1992, I will sell at public auction at the north front steps of the Nassau County Courthouse, 262 Old Country Road, Mineola, New York, on February 17, 1993, at 9:45 A.M., the premises located at 94 East Street, Hicksville, New York 11801, and described on Schedule "A" annexed hereto and to said judgment. Sold subject to terms and conditions of filed Judgment and Terms of Sale.

Dated: January 7, 1993
EDWARD J. NITKEWICZ,
ESQ., REFEREE
SCHWALL & BECKER,
ESQS.
Attorneys for Plaintiff
P.O. Box 796 - 49 Maple
Ave.
New City, New York
10956
(914) 634-3696

SCHEDULE "A"

ALL those certain lots pieces or parcels of land, situate, lying and being at Hicksville (not an incorporated village) in the Town of Oyster Bay, County of Nassau and State of New York, and more particularly known and designated as lots numbered 180, 181, 182 and 183 on a certain map entitled, "Map of property belonging to Frederica Quaritius and Albert C. Quaritius, Hicksville, L.I., H.E. Hawxhurst, C.E., Westbury, L.I.", and filed in the Office of the Clerk of the County of Nassau on December 1, 1913 as map number 23B, new number 1830, being more particularly bounded and described as

BEGINNING at a point on the Westerly side of East Street, distant 282.77, more or less, feet in a general Southerly direction from the corner formed by the intersection of the Westerly side of East Street and the new Southeasterly side of Woodbury Road, said point also being where the Northerly line of Lot 180 on the above mentioned map intersects the Westerly side of East Street; running thence along the said Westerly side of East Street, SOUTH 00 degrees 36 minutes 50 seconds West, 100.00 feet; thence NORTH 89 degrees 23 minutes 10 seconds West, 100.00 feet; thence SOUTH 89 degrees 23 minutes 10 seconds East, 100.00 feet to the Westerly side of East Street, at the point or place of **BEGINNING**. MIT2651

4x1/15,22,29;2/5

NOTICE OF SALE

SUPREME COURT: NAS-
SAU COUNTY. BARRY
ALIMENA, PATRICIA
ALIMENA, HOWARD
SAMUELS, SYLVIA
SAMUELS, EVELYN
GRAYNOR, IRENE AL-
BANO and ADVANCED
TECHNICAL MARKET-
ING, Pltff. vs. DIANE
GOLDFARB, f/w/s DIANE
KESSLER, et al Defs.
Index #7868/91. Pursuant to judgment of foreclosure and sale dated Nov. 29, 1992, I will sell at public auction on the north front steps of the Nassau County Courthouse, 262 Old Country Rd., Mineola, NY on Feb. 16, 1993 at 8:30 a.m. prem. k/a 32 Birchwood Park Dr., Syosset, NY. Said property located on the northeasterly side of Birchwood Park Dr., 584 ft. southeasterly when measured along the northeasterly side of Birchwood Park Dr. from the corner formed by the intersection of the northeasterly side of Birchwood Park Dr. and the southeasterly side of Morris Dr., being a plot 100 ft. x 72 ft. Sold subject to terms and conditions of filed judgment and terms of sale.

JOAN GIBBONS QUINN
Referee
SUSSMAN & SUSSMAN,
Attys. for Pltff.,
250 Old Country Rd.
Mineola, N.Y.

SY08646
4x01/15,22,29;02/05

Brownie Troop 3554 Overnight

Brownie Troop 3554 from Lee Avenue School in Hicksville had its first overnight this year. Fourteen of the nineteen girls in the troop were able to go. They were Karissa Antonacci, Kaitlin Bruckner, Melissa Excurra, Carolyn Fitzgerald, Joanne Giordano, Jennifer Gorman, Elise Gramaglia, Emily Gramaglia, Jennifer Knudsen, Monica Leary, Chelsea Riccio, Erin Rogers, Alexis Sedoruk and Ursula Simicic. The two mothers, Mrs. Joanne Gramaglia and Mrs. Diane Riccio were also along.

We stayed at a Girl Scout approved building nearby. Mrs. Donna Leary, volunteered to be the emergency mother on standby while we enjoyed our overnight. Before Brownie Troops are taken on an overnight, the leaders are camp trained by Girl Scout Council and one of the adults going must be certified in Standard First Aid.

Overnights for Brownies (1st thru 3rd grade) may be their first adventure away from home. It is a valuable learning experience in group living, planning, working, and playing with other children are valuable skills that are learned. Indoor overnights prepare young scouts in successful steps through progression to the out-of-doors.

We followed the 5 P's of Outings which are Planning, Program, Progression, Permissions and Prevention.

Troop Leaders do most of the Planning for the Brownies when it comes to finding a place, financing the trip, menu preparation, buying food and supplies, determining what equipment is needed (troop and personal) and ways troop overnight volunteer adults are able to help. At the troop meeting, any skills or instructions needed is explained to the Brownies. They receive some preparation about what to expect on a Girl Scout overnight.

The Program followed is also mostly planned by the leaders which include cooking, dishwashing procedure, garbage disposal, games, songs, activities, etc. Sometimes Brownies have a part in deciding what they would like to do.

Brownies have their first step of Progression into the out of doors such as progression in distance from home, cooking, program capability, responsibility and progression in ability to live the Girl Scout Promise and Law. The less dependable girl becomes more dependable. A probable selfish girl becomes more thoughtful of others. The shy girl becomes less shy and makes new friends. They find that they are capable of doing many things.

The fourth P stands for Permission: always needed not only from the parents but for use of the site. Girls ask adults and leaders permission when necessary.

Finally, there is Prevention. Sites are checked and approved by the Girl Scout organization. Boundaries and rules are set for the girls within their overnight site. They are shown where they can and cannot go. They are prepared by bringing proper clothing and equipment needed. We practice emergency

drills (three blasts of a whistle) for safety and carry along a first aid kit. Menus are well planned, proper coverage of adults are provided, along with fair division of the work load using a Patrol System and Kaper Chart. The buddy system is always used. No one ever goes anywhere alone.

Brownies from troop 3554 earned their Outdoor Adventurer TRY-IT patch by going on the overnight, playing a relay race called Dress-for-the-weather, making a bracelet made out of square knots, and learning about safety and use of a pocket knife.

Basic outdoor skills learned are:

1. Good manners for the Out Of Doors: As part of the Girl Scout Law we use resources wisely and are friendly and considerate to others. We use resources wisely and are friendly and considerate to others. Girl Scouts are to leave a place cleaner than what they found it.

2. How to dress for their overnight. Keeping warm, dry, clean, clothing in layers if needed, wear a bandana for cooking.

3. How to cook for yourself and others.

4. How to Care and Protect our World: Recycle, Reduce, and Reuse disposable material. Girl Scouts create less garbage by bringing their own dishes and utensils and save water by not washing dishes under running water. Dishes are washed in four steps: 1. scraped, 2. Washed in hot, soapy, biodegradable soap. 3. Rinsed in hot clear water, and 4. Sanitized in clear water containing a safe sanitizing agent. The dishes and utensils are air dried using dunk bags (lingerie bags are good to use).

Through this experience, the girls learned how to unroll and pack their sleeping bags or bedrolls, assume responsibility by working in patrols, preparing the troops meals, cleaning up, washing the dishes, etc. They did everything under the guidance and help of the two troop leaders and the two mothers that volunteered to come.

The girls in Troop 3554 played as a troop without any help from the leaders several times during their overnight. They did the Limbo, with the stick we usually use for our banner in a parade, to the Limbo music we brought along. They played a group game taught to them earlier in the school year, by Junior Girl Scout, Therese Fitzgerald. The leaders were pleased to see them doing this on their own and as a troop.

Saturday morning, after breakfast, we had a Chinese Auction. Our troop had a Chinese Auction last year and those that did it last year wanted to do it again this year. We all brought things to give away. It is said that "One person's junk is another person's treasure." We put all our things for the auction on the large table and a paper cup was placed in front of each item. Each brownie (and adults too) was given 25 tags with their names on them. We all decided what we wanted to win and placed one or more of our name

tags into the paper cup next to what we wanted to win. When we were all finished everyone sat down. One at a time we dumped a paper cup full of tags into a bowl and picked out a winner. We limited how many one person could win so that everyone had a chance to win something. We had a lot of pleased faces when their names were called. When Mrs. Gramaglia won the pile of costume jewelry, her two daughters (knew their mother would give it all to them) ran up in delight and divided it among themselves.

We all had a lot of fun. One Brownie was very happy to find out that she still has another year of Brownies to go since she was in second grade. She did not want to leave Brownies so soon. Another Brownie was really prepared, she had her own messkit. Mrs. Giordano (Leader) received a big hug from a Brownie before we went to sleep. They enjoyed everything: mixing and molding the meatballs for the spaghetti dinner, preparing the salad, setting the table, stirring the chocolate milk, making waffles for breakfast, cleaning up, washing and hanging the dishes to dry, rolling out the sleeping bags, having ice cream sundaes for dessert, singing, playing group games, making bracelets, having a relay race, sleeping on the floor, and just about everything. We rotated chores for the patrols at each meal. Everyone had a part to share. Overnights are among the favorite things that Brownies do in Girl Scouts. The Brownies in Troop 3554 were absolutely wonderful on the overnight. Their leaders are immensely proud of them - in everything the Brownies did. Brownies in Troop 3554 - Can't Wait To Do It Again!

LEGAL NOTICE ATF ASSOCIATES LIMITED PARTNERSHIP

has been formed as a domestic limited partnership (LP), Certificate filed with secretary of State of New York (SSNY) 12/3/1992, NY office location: Nassau County. SSNY is designated agent upon whom process against the LP may be served. SSNY shall mail a copy of any process against the LP served upon him/her to: Dreyer and Traub, 101 Park Ave., NY, NY 10178, ATT: Roger W. Thomas, Esq. Name and address of each general partner is available from SSNY. Term: until Jan. 1, 2042. Purpose: to own, manage and lease real property.
SY0 8643
6X 1/1/93, 8, 15, 22, 29, 2/5

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294-8900 or 748-0240 for
rates and information.**

WHAT TO DO IF YOU THINK YOUR CHILD IS ON DRUGS.

Take a deep breath. You're not a failure as a parent. You're not helpless. And you're not alone.

If you think you're a failure, consider this: There are many kids with neglectful parents who never use drugs. There are also children with seemingly model parents who do use drugs.

So the first thing to accept is that drugs, while indeed dangerous, are one more problem for youngsters to handle. And they'll do it better and faster if you're aware, involved, and don't stick your head in the sand.

THE AWARE PARENT IS THE GOOD PARENT.

Part of awareness and a major deterrent to experimentation is to talk to your kids about drugs.

But even with a lot of parental involvement, there are no guarantees. So it's important to know the symptoms of drug use and to take action if you see your youngster displaying them.

THE WARNING SIGNALS.

There are no symptoms that are absolutely reliable. But there are clues (see box).

Most of these symptoms tend to be gradual which is why parental awareness is so important.

But don't jump to conclusions.

Many of the warning signs for drug use are the same as those for depression or for the ups and downs of being a teenager. There's also the possibility it's a physical or emotional problem.

But whatever the problem, we're talking about a child who needs help. Right now.

The Telltale Signs

- Chronic eye redness, sore throat or dry cough.
- Chronic lying, especially about whereabouts.
- Wholesale changes in friends.
- Stealing.
- Deteriorating relationships with family members.
- Wild mood swings, hostility, or abusive behavior.
- Chronic fatigue, withdrawal, carelessness about personal grooming.
- Major changes in eating or sleeping patterns.
- Loss of interest in favorite activities, hobbies, sports.
- School problems - slipping grades, absenteeism.

START WITHIN THE FAMILY.

Nothing beats the power of love and family support. That has to start with a frank discussion.

Don't make it an attack. And don't try to talk with your child if he or she seems under the influence.

Wait for a calm moment and then explain that you're worried about certain behavior (be specific) and give your child every opportunity to explain. That means really listening, not doing all the talking.

At the same time, it's important to speak frankly about the possibility of drugs. And it's particularly important to talk about your values and why you're dead set against drugs.

If your youngster seems evasive or if his or her explanations are not convincing, you may want to consult your doctor to rule out illness and to ask for advice.

You may also want to have your child visit a mental health professional to see if there are emotional problems.

FURTHER ACTION MAY BE NECESSARY.

If your child seems non-responsive or belligerent, and you suspect drugs are involved, immediate action is vital.

First, you'll need an evaluation from a health professional skilled in diagnosing adolescents with alcohol or drug problems.

You may want to get involved with an intervention program to learn techniques that will help convince a drug user to accept help.

For the user, there are self-help, outpatient, day care, residency, and 24-hour hospitalization programs.

The right program depends entirely on the circumstances and the degree of drug involvement. Here, you'll need professional help to make an informed choice.

Another point: If a program is to succeed, the family needs to be part of it. This can mean personal or family counseling. It may also involve participating in a support group where you learn about co-dependency and how not to play into the problems that might prompt further drug use.

If you don't know about drug programs in your area, call your family doctor, local hospital or county mental health society or school counselor for a referral. You can also call the national helpline - 800-662-HELP - for advice and a referral.

WHATEVER YOU DO, DON'T GIVE UP.

That child who upsets you so much is the same little boy or girl who, only yesterday, gave you such joy. They're in way over their heads, and they never needed you quite as much as they need you now. No matter what they say.

For more information on how to talk with your kids about drugs, ask for a free copy of "A Parent's Guide to Prevention." Call 1-800-624-0100.

Partnership for a Drug-Free Greater New York

Partnership for a Drug-Free America

School Bd. Initiates Plan For Child Care Program

Continued From Page 1

noted that in the past the students had a special relationship with the teacher deans. It was determined that less than one percent of the students are involved in gang activity.

On the negative side, parents are sometimes part of the problem, and community involvement must take place in order to correct the situation. Some representatives felt that there was a lack of followup on hallway incidents and that quick resolutions to problems are needed.

The Nassau Police Department confirmed that the CBH (Controlled By Hate) does exist. The Department describes street youth gangs as having approximately 15 hardcore members, usually with family problems and quite possibly engaged in substance abuse, particularly alcohol. The committee determined that the students in lower grades must be made aware of what they are getting into when they become associated with youth groups.

The Board took action on the following matters: (1) Approved the appointments of Fred Schwamb as Assistant Principal at the Middle School, effective March 1, and Marie Calder, Supervisor Liberal Arts K-12, effective February 22, (2) approved Phase I compliance with OSHA regulations involving voluntary immunization of staff from hepatitis B including nurses, pre-school teachers, teacher assistants and custodians at a cost not to exceed \$16,500, and (3) establishment of a steering committee which will set up guidelines for building level cooperative planning and shared decision making committees in compliance with the Education Commissioner's regulations regarding the Compact for Learning. The steering committee will consist of 12 people: The Superintendent, the Assistant Superintendent for Curriculum and Instruction, one Director and an administrator, teacher and parent from elementary, middle and high school, each chosen from their respective associations.

In the Superintendent's monthly report to the Board, Mr. Mugavero stated that the districtwide lay budget committee has begun meeting. He noted that the Hicksville district could possibly lose an additional \$600,000 in state aid next year, particularly in the area of transportation and BOCES aid.

Secondly, Mr. Mugavero announced that the district will be establishing a photo ID system in the secondary schools for the 1993-94 school year in order to increase security. Photos will be taken in the first week of school. They will be laminated and the student will have them for the time they are in that building. There will be a charge for replacement of lost cards. Trustee Jim Black suggested that the cards be color coded by year for easy identification.

The next regular meeting of the Board will be held on Wednesday, February 24, at 8 p.m., in the High School Little Theater.

Ambassador Brings Joy

For Eleanor Campbell, who lived for twenty years in Hicksville, a visit by Judy the cockspoo brings back wonderful memories. "For thirteen years I had a black poodle, and I just love animals," said Eleanor, who now lives at Central Island Nursing Home in Plainview. Twice a month, the Bide-A-Wee Association sends its representatives to Central Island. This week, in addition to Judy, it was Bandit the rabbit, and Sweetpea the corgi. It is the animals' job to interact with the residents, uplift spirits, and get them to reach out - to a furry friend.

Just as dedicated are the volunteers, who for years have been accompanying the ambassadors. This week they were Louise Lanzilotta of Jericho, Dorothy Arenella of Farmingdale, and Dina Gilson of Mt. Sinai.

"We go to geriatric centers, homes for the mentally handicapped, and homes for the blind," said Ms. Gilson, who emphasized that "Sweetpea loves to be scratched." Indeed, the 40 pound corgi was lying on its back, feet in the air, whining for attention.

"The animals provide sensory stimulation for the residents," said Joanie Gorman, activities director for Central Island. Proving her point, Mrs. Campbell reached out to Judy: "Give me a little kiss," she asked. The cockspoo eagerly obeyed the request.



Central Island Nursing Home resident Eleanor Campbell, who lived for twenty years in Hicksville, meets Judy the cockspoo and Dorothy Arenella.

Republican Club Meets

The next meeting of the Ernest F. Frombe Republican Club will take place on Fri., Feb. 12 at 8:30 p.m. at the VFW Hall, Broadway, Hicksville. The meetings featured speaker will be the Honorable Thomas F. Gulotta, Nassau County Executive.

In lieu of the March meeting, a '50's dance will be held on Fri., March 12 from 8:30-12:30 p.m.

at Levittown Hall. Featured will be a hot & cold buffet, beer, wine, set-ups and D.J. Dennis Falcone from CBS-FM, all for \$25 per person. Tickets are available at the Feb. meeting or through your local committee person.

The Club welcomes new members or those who wish to register to vote Republican. Please come to the meeting on Feb. 12 for more information.

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New Hyde Park Herald Courier,
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and The Garden City News



Discovery!

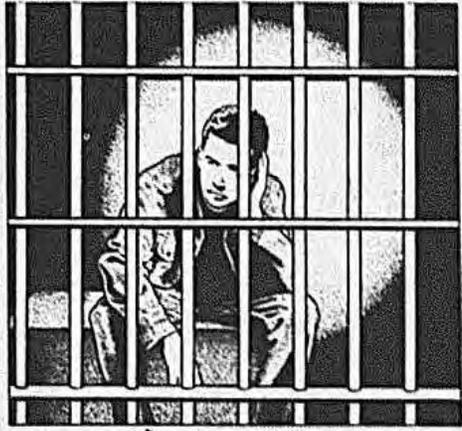
Magazine

The newspaper edition that helps
discover new writers, new ideas
through input and special
family features.

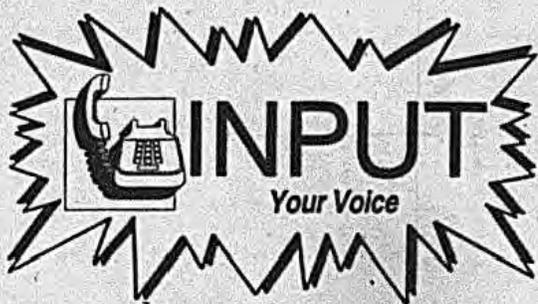


Friday, February 5, 1983

We're All In Jail



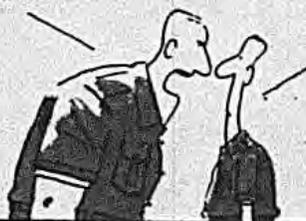
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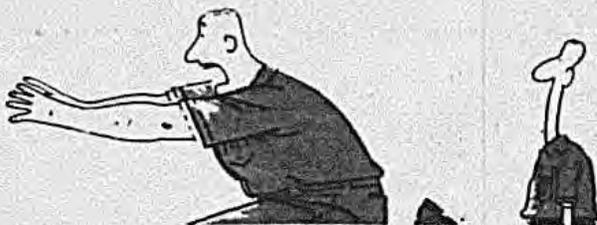
THE QUESTION OF THE WEEK

Do you think gays will adversely affect the military if admitted?

IN THE U.S. ARMED FORCES, YOU WILL FEAR NOTHING! "FEAR" IS NOT IN YOUR VOCABULARY! YOU DO NOT KNOW THE MEANING OF THE WORD "FEAR"!



YES, SIR. BY THE WAY, I'M GAY.



Input Callers Think Clinton Won't Help Haiti

Callers to Input do not think that the U.S. would be able to do much to help restore order to Haiti in answer to this question: "Do you think that President Clinton should attempt to mediate the government problems in Haiti rather than to allow refugees to enter the U.S.?"

ONLY DIPLOMACY

While President Clinton said last Thursday that he would embark on a plan to restore the rightful government to Haiti, which is Aristede since he was elected, there does not seem to be any way that he would be insured success. Military power lies in the hands of people who do not agree with the elected president and he has no way to hold his position. I think that Clinton should be limited to diplomacy and not armed interference in Haiti. **H.F.**

CAN'T CHANGE ANYTHING

Clinton made the statement that he would work out a plan to restore the rightful government to Haiti. This statement was made at a time he was taking the heat for going back on his pre-election pledge to allow the boat people in. Clinton really should not have made the statement because he has no way to physically change what is happening in Haiti. He made the promise to let refugees in simply in a "holier than thou" campaign promise to embarrass Bush who saw that he was being overwhelmed with people fleeing from Haiti. A report last week said that more than one half of the would-be refugees are suffering from AIDS and this further compounds the problem. I think Clinton should just tell the truth. He mispoke when guaranteeing Haitians refuge here. **K.G.**

WE NEED THEM

I would like to see Clinton do something for the refugees of Haiti. These people will brave every type of danger to get here. We need people here who value living in this great country. Immigrants come here and get ahead because so many native born people have chips on their shoulders and want some government program to take care of them. Let anyone in who wants to work and let those who were born here, and dislike the country, go someplace else. **L.D.**

NO MEDDLING

We really do not want the President of the U.S. meddling into every problem in the world. Recent history has shown us that when we get militarily involved, it is taken for empire building. The U.S. People do not want to take over any country and they should limit help to disaster and famine relief. We cannot run every government. There is much room to improve our own. **F.B.**

WRONG INTERPRETATION

It is unfortunate that our government's rejection of the enormous would-be influx of Haitian boat people has been labeled by many of our black leaders as racist.

Considering our economy, our unemployment, our homeless and welfare situation, how can we possibly at this time allow our immigration quota system to be ignored, whether these desperate people come from Cuba, from Mexico or from Haiti. In the meantime it would be most desirable if President Clinton together with the leaders of the Organization of American States were to do all in their power to restore democracy and economic aid to the Haitian government. Obviously the current economic boycott against Haiti is not working. **C.K.**

WANTS TO HELP

I feel sorry for the Haitians and wish there was a way that we could do something for those poor people in Haiti, but it does seem that the real reason to help would be long-term and that would be pushing through the U.N. some force that could make the duly elected President Aristedes regain his place. A better government would make it unnecessary to flee the country and would do long-term good. If Clinton can do this he deserves support. **J.N.**

APPLY PRIORITIES

What a question! We just got finished trying to help our President enumerate the problems of the USA in order of substance and importance and now we are faced with the question as to whether he should attempt to mediate the government problems in Haiti rather than to allow refugees enter the U.S. Come on now! Let's decide first what our position is with respect to the Haitian refugees where we actually have a blue print in our law which clearly spells out our country's procedures respecting refugees. If we were to apply the same formula to all the embattled peoples in the eastern part of the world, President Clinton would rapidly have to run for cover! As far as I am concerned, our first mandate is to apply existing priorities to the refugee problem and then see what guidance we can give to the Haitian government and its citizens to solve their domestic problems toward the creation of an atmosphere in which the citizens will take the initiative themselves to eliminate the need for escape to foreign lands. **P.G.S.**

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Discovery!

We're All In Jail

By Herb Goldstone

The realization came to me the other day as I took a walk around the Woodbury garden apartment complex where I live.

We're all in jail!

A pretty drastic statement? I guess so, but let me explain.

I try to get in some exercise every day and I was walking the neighborhood on a recent morning when the very disturbing thought hit me.

The buildings in the complex are two-story, part red brick and part wooden shingle, with doors to both levels on the ground floor with standard front door locks.

Out of curiosity, as I walked along I counted how many of the front doors of the buildings were also equipped with second locks, those supposedly burglar-proof deadbolt locks installed by tenants.

It worked out that there were approximately 40 doors with deadbolts to every one where the occupants apparently felt safe and secure enough to live behind the single lock provided by the landlord.

This, mind you, isn't one of those crime-ridden areas so much in the headlines these days where you wouldn't want to stroll around by yourself. It's an attractive, well-kept suburban apartment development with brightly floodlit streets at night and clearly marked security cars cruising around day and night keeping an eye on things.

Please understand I'm not criticizing my neighbors for being cautious. There's a deadbolt lock on my own front door. It's the sort of worrisome time we live in.

It started me thinking about all the other supposed safeguards we feel we must live with today. We drive cars with alarms, special hood locks or gadgets that shut off the gas if you don't turn the key, with stickers that proclaim, true or false, that there's no radio inside, so please don't break in.

More and more of us live in houses with every room, window and door wired so that if someone even looks at the place suspiciously, horns, bells and sirens wake up the whole neighborhood and an alarm is sent to the police or some private security agency.

I'll bet you thought a window was a cheery opening for light and air. Wrong! It's a weak spot in the defense, to be locked, barred and shuttered against intruders.

Look at most big city apartment buildings and if you find one that doesn't have every lower floor window covered with a steel grating, you have a rarity.

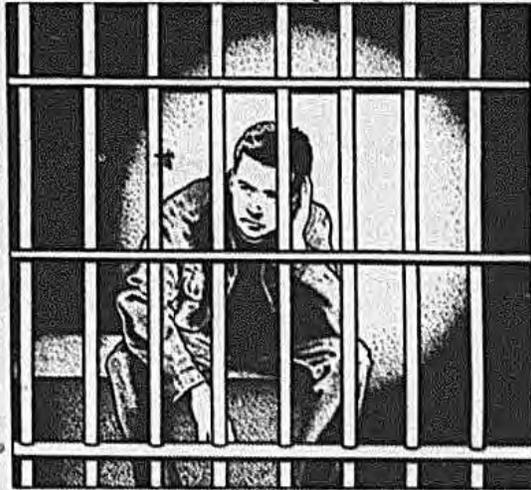
There are stores with locked doors that require someone inside to press a button to admit a customer. We go to offices and gas stations, even the local library, where you can't use the wash room without getting a key, and that may include the office of your doctor or dentist.

On shopping streets, an ugly wall of protective steel shutters goes down at night, covering every store on the block.

On subway platforms, yellow lines mark the area where it's safe to wait for a train at night. As a matter of fact, riding a subway at night, particularly late at night, is foolhardy. If you must do it, stay out of the last car.

I'm not even mentioning airports, where a traveler's baggage is X-rayed, his pockets picked electronically and his arms and legs patted by a suspicious attendant with a metal detector. That's old hat by now.

Let's face it, I thought after my session of door lock counting, we're all living in jail!



No, not the burglars, the pickpockets, the stickup men, the muggers or the car thieves, but all the rest of us, the basically well-behaved, civic-minded, honest folks whose biggest crime may be overtime parking. We spend our lives fearful and trembling behind bars we put up ourselves.

Remember the good old songs about lover's lane? Very nice, but stay out of the park at night. Don't open the door to anyone until you see who it is. Don't walk to your car in a parking lot alone at night and keep an eye on that car following you on the way home. Be sure to keep your windows up and the doors locked. And never give a hitchhiker a lift, even that nice kid thumbing a ride back to college. He or she may pull a knife or a gun in your car. If someone walks over to your car to ask a question, just drive away.

Stay out of the city with a gold chain around your neck or an expensive watch on your wrist. Keep your purse tightly under your arm and carry a can of Mace in it. Better yet, carry your cash and credit cards in one of those zippered waist belts. That pretty shoulder bag you get for your birthday? Leave it home! It's too easy for someone to grab.

Those convenient cash machines in front of the bank, open even on Sunday? Don't use it in a strange neighborhood or at night. Someone may be watching you put that \$100 in your wallet.

Don't walk on that lonely street. Don't jog on that wooded path. Chain your bike when you go onto the store or take the front wheel with you. And don't get into that elevator alone.

Pretty depressing, isn't it?

Hundreds of years ago, people lived in walled towns behind deep moats because there were menacing bandits out there. We've certainly progressed a lot since those days.

Or have we?



About The Author

Herbert Goldstone lives in Woodbury. He has been a newspaper writer for many years. This is his sixth contribution to Discovery.

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KITCHEN KIDS

Picnic in the winter

By Rena Coyle
When the gray days of winter finally get the best of you, bring the family together and have yourselves a picnic. Spread a blanket in front of the fire and have a great dinner on the floor.

WINTER POTATO SALAD
2 pounds small red-skin potatoes
5 cups water
1 rib celery
3 green onions
1 cup mayonnaise
1 teaspoon balsamic vinegar
¼ teaspoon thyme
3 tablespoons chopped parsley
¼ cup grated Parmesan cheese
Salt and pepper to taste
Yields 6 servings.
Preparation time: 20 minutes.
Cooking time: 20 minutes.

Utensils: large saucepan, fork, strainer, potholder, cutting board, utility knife, large mixing bowl, paper towels, cutting board, wooden spoon, wax paper, measuring cups and spoons, plastic wrap.

Wash potatoes and place them in saucepan. Add water and place pan on stove. Bring to a boil over high heat. Let potatoes cook for 20 minutes.

Put strainer in sink. With adult help, pour potatoes into strainer and drain off excess liquid. Allow potatoes to cool for 10 minutes.

While potatoes are cooling, place celery on cutting board. Cut it into thin slices. Cut across slices, making a rough chop. Place green onions on cutting board and trim off root end. Cut green onions into thin slices. Put vegetables in mixing bowl.

Add mayonnaise, vinegar, thyme leaves, parsley and cheese. With wooden spoon, toss to blend. Add potatoes and gently toss until all potatoes are coated with dressing. Season with salt and pepper. Serve warm, otherwise, cover bowl with wax paper and refrigerate until ready to serve.

GINGER CRISPS

¼ cup butter
1 cup sugar
¼ cup molasses
¼ cup heavy cream
1½ teaspoons ground cinnamon
1½ teaspoons ground ginger
1½ teaspoons ground cloves

1½ teaspoons baking soda
3½ cups plus ¼ cup for dusting flour
Yields 24 cookies.
Preparation time: 20 minutes.
Refrigeration time: 30 minutes.
Baking time: 12 to 15 minutes
Utensils: mixing bowl, electric mixer, measuring cups and spoons, rubber scraper, plastic wrap, rolling pin, cookie cutters, spatula, cookie sheet, oven mitts.
Combine butter and sugar in mixing bowl. Cream with mixer until smooth and creamy. Stop mixer and add molasses and cream. Beat until blended.

Add cinnamon, ginger, cloves and baking soda. Turn mixer on low and blend. Add flour in three stages, blending after each addition. Do this slowly and on low speed so as not to spatter flour all over.

Scrape dough into a piece of plastic wrap. Wrap it and refrigerate for 30 minutes.

Preheat oven to 350 F. Dust counter with some flour. Put dough on counter and begin rolling it out until it is ¼ inch thick. With cookie cutter, press out your favorite shapes. Slide a spatula under the cookies to lift them off counter and onto cookie sheet.

Put oven mitts on and carefully place cookie sheet in oven. Bake for 12 to 15 minutes.

Turn oven off and, with mitted hands, remove cookie sheet and set it on heat-proof surface. Keep in an airtight container; cookies will hold for 1 week.

Rena Coyle is a mother and professional chef. Her cookbooks include: "My First Cookbook," "Baby, Let's Eat" and "My First Baking Book," published by Workman.

KITCHEN KIDS



READER RATINGS

Q. Is it considered bad manners to take anything to drink to your lips while there is still food in your mouth?

A. Yes, because this may leave particles of food in the beverage or leave an unattractive smear on the glass. Your mouth should be empty before you take anything to drink. Certainly you should avoid the effect of "washing down" food that is already in your mouth. It is amazing how many people are guilty of this breach of etiquette.

YOU CAN BE A RESTAURANT CRITIC
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READER RATINGS



Q. Recently I was a guest at a club luncheon in a restaurant. Accidentally, I overturned my tomato juice. What was the right thing to do? The waiter didn't see the accident immediately. T.L.

A. A waiter seeing such an accident would immediately change the cloth, or if that was impossible at a long table, would spread a clean napkin over the spilled food. As the waiter did not do this because he was busy elsewhere, at a large luncheon you could have spread a napkin over the spot yourself, without undue discussion of the incident. Everyone occasionally has things like this happen.

DINING GUIDE

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Home entertaining



The French paradox

By Carol Cutler

There were some stirrings and hints before Nov. 17, 1991. But on that Sunday evening "60 Minutes" threw the bombshell. Its 30 million viewers were introduced to the so-called "French paradox."

Since then these healthy heart figures have been touted, pool-poohed, applauded, jeered and become a rallying point for just about any alcoholic position you want to take.

To review the French paradox, recent research studies showed that the French have a significantly lower rate of heart disease, less than half the rate in the United States, despite high-fat diets, smoking and little vigorous exercise. It is felt that some substance in alcohol, particularly red wine, sort of scrubs away fatty deposits from arterial walls.

Dr. R. Curtis Ellison, an epidemiologist and professor at the Boston University School of Medicine, was featured on the "60 Minutes" program and pointed out that the French: (1) eat three meals a day and do not snack; (2) make sure their fruits and vegetables are fresh; (3) do not overcook their vegetables; (4) take time to enjoy their meals; and (5) include alcohol, especially red wine, as part of their midday and evening meals.

Remember, we are talking about a cuisine based on cream, eggs, and to quote Escoffier, "butter, butter, and more butter." Ah-hah, there is a catch.

The studies concentrated on the results in southern France, where the butter of the region is olive oil, a vegetable. But Gascony also fared well in these studies, and their fat of choice comes from the goose, another animal.

The findings seem to indicate that teetotalers have a higher risk of heart disease than moderate drinkers.

The wine industry, of course, is ecstatic with these findings, and with good reason. Despite the fact that the surgeon general does not accept the French paradox, one national agency recently stepped back a little from its strong anti-alcohol stance.

The National Institute of Alcohol Abuse and Alcoholism acknowledged in its April 1992 newsletter that "There is a considerable body of evidence that lower levels of drinking decrease the risk of death from coronary artery disease."

But an educational job is still to be done on what constitutes moderate consumption. Spearheading that educational drive is Women for Winesense.

Although founded in 1990 by women in the wine industry, the majority of the group's new members have no connection with the business of wine. And note that their formation predates the "60 Minutes" revelation.

This national pro-active educational group seeks to increase acceptance of wine as part of a moderate and healthy lifestyle. Women for Winesense believes that citizens are responsible for and capable of making informed choices with respect to their lives and personal health.

At the same time, they are concerned about alcohol abuse, which should clearly be differentiated from alcohol use. Too often the distinction between these two levels of consumption is blurred.

Moderation is the key word here. What is moderate consump-

tion? Some studies say one or two drinks a day, others say three to four. The NIAA defines a drink as 12 ounces of beer, 4.7 ounces of wine, 1 ounce of spirits.

If you sip your glass of wine as an aperitif, here is the perfect nibble. Do not confuse these home-toasted almonds with any you can buy pre-prepared. These are not oversalted and have a delicate flavor.

TOASTED ALMONDS

2 cups almonds with skins
 Few drops vegetable oil
 1 teaspoon salt
 Yields 2 cups, enough for 8 to 10 as cocktail snack.

Preheat oven to 350 F.
 Put almonds in deep bowl and pour in enough boiling water to cover by at least 2 inches. Let steep for 2 to 3 minutes; drain.

As soon as you can handle them, slip off skins. Smear vegetable oil over cookie sheet and spread almonds in single layer on sheet. Place in oven for 15 minutes or until they turn an even sand color. While they are toasting, turn with spatula several times to ensure even coloring.

Sprinkle salt evenly over almonds, return to oven and turn off heat. Let nuts continue to toast for another 3 to 5 minutes, turning them 2 or 3 times. Nuts should now be deep tan color, but not brown. If nuts are overroasted, they will lose their delicate flavor.

Cool, then store in tightly covered jar and do not serve for at least one day.

Carol Cutler is the award-winning author of eight cookbooks, including "Catch of the Day."



Home entertaining

DINING GUIDE

READER RATINGS



Q. The other night I went to a banquet at an expensive restaurant. Wine was served with the various courses and one of the guests indicated that she did not want any by turning her wine glass upside down. I have never seen this done before and wonder if it was proper.

A. No, it was not correct. The woman should have told the server she did not care for any wine. She could also have covered the glass briefly with her fingertips as a sign for him not to fill her glass.

Q. When a restaurant serves coffee or tea in a mug, where is the spoon left after it is used? I just can't bring myself to put a dirty spoon on the table!

A. If the restaurant objected to having a dirty spoon on the place mat or table it would not serve beverages in a mug. But please don't ever attempt to drink your coffee or tea with the spoon left in the mug as I saw someone do recently! Not only is that the height of bad manners, it could also cause an eye injury.

Q. Today most restaurants serve sugar in paper wrappers. Frequently jelly and butter are also pre-packaged. What is the proper way to dispose of these wrappers?

A. Sugar papers may be put in an unused ash tray. Butter and jelly wrappers may be left in the bread and butter plate.

Q. When dining out I often like to begin my meal with a delicious shrimp cocktail. But the shrimp are usually quite large - too big to swallow in one bite. What is the proper way to eat them?

A. Impale the shrimp with your seafood fork and dip in the cocktail sauce. Take a manageable bite. Consume the remaining piece, dipping again into the sauce if desired.

In eating a shrimp cocktail it is never correct to cut the shrimp with a knife.

Q. Whenever I eat lunch with a certain friend, I notice that he takes a few mouthfuls of food then swallows and touches his lips with his napkin before sipping his beverage. Is he correct?

A. Yes, your friend is obeying the law of etiquette which says that a person does not drink liquids until his mouth is empty and his lips are clean. The purpose of this rule is to keep the rim of one's glass or cup free from unsightly food stains.



YOU CAN BE A RESTAURANT CRITIC

If you visit any of the restaurants selected for inclusion in this section call 931-0027 at any hour and tell your ideas. We want YOU, the reader, to be our critic. Your message then can be printed in this space.

DINING GUIDE

PAGE 7A Friday, February 5, 1993 READER RATINGS

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KITCHEN HINTS

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1. Use at least 4 quarts of water and 1 tablespoon of oil per pound of pasta.
2. Add pasta to rapidly boiling water.
3. Pasta is done when it's tender but not mushy.
4. Drain pasta in colander and toss with sauce before serving.
5. Use a spaghetti fork or tongs to serve.



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Through a special 24 hour phone system, readers will be asked to call in their assessment of each restaurant they visit. Consensus ratings (good or bad) will be published as a continuing part of the guide.

In addition they can make suggestions, compliments or criticisms through the open phone line and messages will be sent through to the restaurant management.

(Guide to Good Dining)

READER RATINGS



Q. I notice that some people pick up wine glasses by the bowl. However, I think it looks more elegant to pick them, up by the stem. What is your opinion?

A. I agree with you that it is more attractive to pick wine glasses up by the stem. In the case of white wine, it also keeps the wine cool for a longer time!

Q. I am a busy professional woman who finds it difficult to entertain at home. My working hours as an attorney are long and tiring. I really don't feel like coping with guests on the weekend. Would it be all right to repay my social obligations by inviting people to dine out?

A. Certainly that would be proper. Social obligations do not have to be repaid on a strictly tit-for-tat basis. Your friends would enjoy a delicious dinner in a relaxed restaurant atmosphere more than an at-home meal served by a hostess they sense is harried and exhausted.

Q. Recently I attended an elegant wedding, and I noticed that the champagne was served in a tulip shaped glass rather than the traditional broad brimmed type. Is this something new?

A. It is a fairly new idea. The theory now is that a tulip shaped glass preserves the effervescence (bubbles) of champagne longer than a wide brimmed glass.

Q. If two women dine out together, and neither is the guest of the other, what is the best way for them to pay the bill?

A. The best way I know is by asking the waiter to bring separate checks, and why this is not done more often I cannot understand. The second best plan is having one woman pay the check, then settling the bill afterwards with her companion.

Q. What do you do with the wrapper on a lump of sugar when you are dining out in a restaurant? Do you put it on the tablecloth, in the saucer of your cup, or in the ash tray.

A.M. This is one of those things for which there is no real rule. You just use common sense. I would say put it on the tablecloth, for if you put it in the ash tray it may start a fire, and if you put it in your saucer, it may cause the cup to tip over when you put it back in the saucer.



After Work Gourmet



In-a-minute meal leaves time for romance

By Sharon Achatz

Even though time may be in short supply for the busy-up chef, there's no need to cut romance short come Valentine's Day.

Granted, the day of love falls on Sunday this year, so time may not be as tight as it would be on a weekday. Still, most folks would rather be willing away the hours in the arms of their beloved rather than standing in front of a stove.

Here's a made-to-order meal for two that's a showstopper worthy of your love's affections and yet still leaves time for romance.

Start with an appetizer Classic Spinach Salad, with its savory bacon and blue-cheese bits topped with a lemony dressing. For the main fare, serve up plates of Mustard-Mushroom Pork Chops alongside a mound of Lemon Rice.

Round out the meal with ever-so-easy ice cream sundaes dressed up for the day by using gourmet ice cream and toppings, and perhaps a sprinkling of crushed English toffee candy bars, or a mound of whipped cream or a chocolate-covered cherry — whatever your dear-heart most desires.

Game plan for preparing the meal in 45 minutes: Prepare salad and dressing and store separately in refrigerator. Prepare pork chops to simmering point; start preparing rice. As soon as rice and pork chops are ready, pour on the salad dressing and dinner is served. Make the sundaes together after the meal.

CLASSIC SPINACH SALAD

3 tablespoons olive oil
 3 teaspoons lemon juice

Dash of pepper
 2 cups torn spinach, washed and dried

4 tablespoons crumbled blue cheese

2 tablespoons bacon bits
 Yields 2 servings.

Preparation time: 5 minutes.
 In small bowl, whisk together oil, lemon juice and pepper; set

aside. In salad bowl, toss together spinach, cheese and bacon bits. Pour in dressing just before serving.

MUSTARD-MUSHROOM PORK CHOPS

2 tablespoons flour
 1/4 teaspoon paprika
 2 or 3 pork loin chops, cut 1-inch thick

1/4 tablespoon olive oil
 1/4 pound sliced mushrooms
 1/4 cup apple juice
 1/4 cup water
 1/4 teaspoon dried thyme
 1/4 teaspoon instant beef bouillon

1 tablespoon prepared mustard
 1/4 teaspoon cornstarch (optional)

1 tablespoon water (optional)
 Yields 2 to 3 servings.

Preparation time: 35 minutes.
 Combine flour and paprika on plate. Dust pork chops on both sides in mixture.

Heat oil in skillet. Brown chops on both sides, about 5 minutes per side. Add to skillet the mushrooms, apple juice, water, thyme and bouillon; bring to boil. Reduce heat to low, cover and simmer about 15 minutes until pork is tender. Remove pork to platter; keep warm.

Stir mustard into mushroom sauce. If sauce needs to be thickened, combine 1/4 teaspoon cornstarch with 1 tablespoon water and add to pan with mustard; cook until sauce has thickened to desired consistency.

To serve, spoon mustard-mushroom sauce over chops.

QUICK TIP

If you accidentally burn food onto the inside of a saucerpan, fill the pan with water to cover the scorch. Then add 1/4 cup baking soda. Bring the mixture to a slow boil and continue boiling until the burned food lifts off.

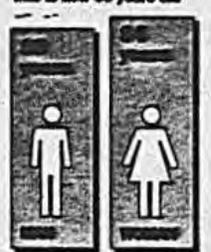
Sharon Achatz is a free-lance writer.

HEALTH WATCH

Elderly fastest-growing age group

The fastest-growing age groups are people ages 75 to 84 and 85 and older. They have special medical needs as they age that can impact the health care system.

Life expectancy for a person who is now 65 years old



About 80 percent of the elderly visit a doctor at least seven or eight times a year.

Older people consume twice as much medication as all other age groups and occupy 40 percent of the nation's hospital beds.



SOURCE: U.S. News & World Report magazine



Desiree Vivea

Chocolate is a traditional Valentine's Day gift, and what better way to show your devotion than to make your own chocolate treats for your sweetie?

Fortunately, this is a snap when you have a microwave at your service. Smooth and creamy or crunchy and nutty, fudge is a hit with almost everybody. And it's so easy to make in your microwave — try today's recipes and you'll see.

You may want to use a microwave-safe candy thermometer when preparing fudge (temperature should reach soft ball, or 234 F).

Never use a regular candy thermometer inside your microwave oven. If you have a candy thermometer that's not microwave-safe, go ahead and use it — but insert into mixture to test temperature *after* you remove the container from your microwave.

When microwaving, there's no need for double-boilers to prevent burning or scorching melting chocolate. But do be careful not to overzap when melting in your microwave. If overcooked, chocolate will not stir smooth. Microwave to minimum time specified by recipe and check frequently thereafter.

Use margarine that is solid at room temperature, so that finished fudge will set (don't use soft or pourable margarine products).

It's easy to vary fudge recipes by substituting different ingredients. Instead of plain chocolate chips, try peanut butter, butter-scotch or mint-flavored chocolate chips. Try adding shredded coconut, peanut butter or miniature marshmallows to plain fudge recipes.

Some prefer their fudge creamy and smooth, but if you like yours nutty, add chopped pecans, peanuts, walnuts, almonds or macadamia nuts.

Your microwave is handy not only for making regular fudge, but for preparing hot fudge sauce, too. Just combine 1 cup (6 ounces) semisweet chocolate chips, ¼ cup evaporated milk, ¼ cup granulated sugar, ¼ cup butter or margarine, and ¼ teaspoon vanilla in a 1-quart microwave-safe glass measure.

Microwave at MEDIUM-HIGH (70 percent power) setting 2 to 3½ minutes, stirring every 30 seconds, until chocolate is completely melted. Let cool several minutes, then stir again and serve warm over ice cream.

This delicious fudge sauce may be poured into a small clean jar for gift giving, too. Or wrap homemade fudge in a pretty box and tie with a red velvet ribbon. What better way to say "I love you" than with chocolate?

Recipes in this column are tested in 625- to 700-watt microwave ovens.

QUICK CLASSIC FUDGE

3 cups semisweet chocolate

chips

1 (14-ounce) can sweetened condensed milk

¼ cup butter or margarine

1 cup chopped walnuts

Yields: About 5 dozen 1-inch squares

Preparation time: 5 to 10 minutes.

Cooking time: 3 to 6 minutes.

Oven setting: MEDIUM (50 percent power).

Lightly butter 8-inch square baking dish and set aside.

Combine chocolate chips, condensed milk, and butter or margarine in 2-quart microwave-safe bowl or casserole. Microwave 3 to 6 minutes, or until chocolate melts, stirring every 2 minutes.

Fold in chopped walnuts. Let cool slightly, pour into prepared baking dish, spreading evenly with spatula. Let stand until lukewarm, then chill until firm and cut into squares.

TIN ROOF CREME FUDGE

3 cups granulated sugar

½ cup butter or margarine

1 (5.3-ounce) can evaporated milk

2 cups (12 ounces) chocolate chips

1 (7-ounce) jar marshmallow creme

1 teaspoon vanilla

1 cup salted Spanish peanuts

Yields: About 9 dozen 1-inch squares

Preparation time: 10 minutes.

Cooking time: 9 to 12 minutes.

Oven setting: HIGH (100 percent power).

Lightly butter 13x9-inch baking pan and set aside.

Combine sugar, butter or margarine and evaporated milk in 2-quart microwave-safe bowl or casserole; stir. Microwave 9 to 12 minutes, stirring every 5 minutes, until small spoonful of syrup forms soft ball in cold water (candy thermometer should register 234 F).

Stir in chocolate chips until completely melted, then stir in marshmallow creme and vanilla. Fold in peanuts. Pour mixture into prepared pan, spreading evenly with spatula. Let stand until lukewarm, then chill until firm and cut into squares.

MICRO-TIP OF WEEK

To make easy fudge frosting, mix 1 cup granulated sugar, ½ cup margarine, ¼ cup milk and pinch of salt in glass mixing bowl. Microwave at HIGH setting up to 2 minutes or until mixture boils, stirring every 30 seconds. Microwave at HIGH setting 45 seconds longer. Stir in 1 cup (6 ounces) semisweet chocolate chips, let cool, then stir to creamy consistency. Frosts 1 12x8-inch cake.

microwave magic

By Willard Abraham, Ph.D.

Better off friends

Teens: With the following letter from "Confused" in Tennessee was a request not to use it in this column. However, I wrote to her (something I almost never have time to do) and then received her response.

Her original letter, my reactions to it and her second letter are included below.

Her first letter:

Dr. Abraham: I met this guy about three months ago, and we hit it off great. We became very close, like best friends. We had a lot in common, he made me feel important and he understood me like no one else did.

Then one night everything changed because of a few kisses. Two days later when we were back at school, he ignored me, like something really awful had happened. That only lasted for a couple of days, and then everything was back to normal.

We were getting along great again and becoming very close. So one night we slept together. Afterward, we lay there for hours, just talking and laughing and having a wonderful time. By the way, he was my first, but I was his second, which I knew before.

I thought everything would be all right, but I thought wrong, and now my entire life is messed up.

I wrote him a letter. When he finally responded, he said that he thought what happened would bring us closer, but it didn't. Then he said that he didn't use me and that we could still be friends.

It has now been two and a half weeks since we've talked at all. I don't know if I should try to forget everything and act like nothing ever happened (which I know I couldn't do) or try talking to him. Or should I just forget about him and try to move on?

I'm not sure if this will affect your advice, but I'm 16, and he's 17. — Confused.

My reactions to her letter:

Confused: The two choices you seem to have are to follow his suggestion of "being friends" or to try to move on. To continue the deep involvement you had started with him doesn't seem wise. You both mentioned that it is not what you want.

I know it will be difficult to pull back, but it appears to be best not to try to continue with the intense relationship.

Her second letter:

Dr. Abraham: Thank you for your advice. I've decided to try and be friends, and that seems to be working out pretty well. Maybe it did bring us closer, and as friends I seem to be able to tell him anything, so who knows, maybe we are better off as friends.

Also, as long as my name and my town are not used, I don't mind your printing my letter.

Even though things did work out in a way, I want to stress to other teenagers: Don't use sex to get someone to like you!

Dr. Abraham: I feel used and hurt. I loved this guy, and he said he loved me, too. Well, we made love, and after two months he said he didn't love me anymore.

Could it be because he got what he wanted and was tired of me? Can love stop that quickly? Do you think that if I didn't give in that we would still be together?

This might not sound important to you, but it is to me. Please help me. — Lisa.

Lisa: I hope you've read the exchange of letters above involving "Confused."

"Love" that stops that quickly often isn't love in the first place. Please try to think of this as a learning experience, and seek other more meaningful relationships. In that one it really does sound like "he got what he wanted."

What you wrote is not only important to you, but also to me.

Dr. Abraham: I've been working with a Little League team, and it has been great fun until lately. What has happened is that a guy my age (we are both 17) has joined up to coach with me, and he is a real pain.

It is mainly because he is so tough on the kids. He yells at and ridicules them, and some of the kids have started to cry. He only does it when there are no parents around.

I hate to rat on him, but do you think I should? — Upset

Upset: What it seems to come down to is that you have two choices: Continue to put up with his bad behavior and the little guys' being hurt by his bullying, or tell one of the adult coaches about this matter, ask him to observe what is going on, and request that your comments be kept in confidence.

Cooking Corner



Healthy recipes with great taste

By Linda Susan Destley

Most people want to eat right. They want to cut back on salt, trim the fat and deep-six cholesterol. But, presented with a plate of bland, flavorless food, it's hard to keep one's resolve — no matter how good you know it is for you.

It's a truism that if food doesn't taste good, consumers don't enjoy it, and soon they've returned to their old ways of eating — tasty but unhealthful by today's standards.

Mindful of this, one hospital's Positive Choice Center cooking school came up with an answer: They combined the talents of a dietitian and a chef to design recipes and menus that taste great but have been adapted to a healthy eating plan. They lightened up some traditional American and ethnic fare, not just for the dieter but for anyone wanting good nutrition.

The cooking school is different from others because they've combined the skills of a registered dietitian with the talents of a gourmet chef to develop a series of nutritious yet creative and tasteful recipes.

Each two-hour cooking class has a different theme. The cooking classes cover a wide variety of cuisines and lifestyles. They know man and woman can't live by carrot sticks alone, so they also include classes on potatoes and pasta as well as ethnic cuisines and desserts. (If a recent class was any indication, healthy cooking is no longer just "woman's work," either.)

Center officials decided to combine the talents of both a chef and a dietitian because most chefs do not have in-depth knowledge of nutrition. The cooking school was added to the program because they found a lot of the men and women involved in their diet programs didn't know how to cook in a health-conscious way.

Here's a sampling of four recipes developed for the classes.

CHICKEN FLORENTINE

2 cups low-fat milk (see note)
6 tablespoons cornstarch
1 tablespoon dried onion flakes
4 boneless, skinless chicken breasts
Salt and pepper to taste
Garlic powder to taste

2 ounces mozzarella, cut into 4 sticks
4 boxes frozen chopped spinach, cooked according to directions and drained or 4 cups fresh cooked spinach (see note)

½ cup whole-wheat bread crumbs
½ cup grated Parmesan cheese
Yields 4 servings.

Combine milk, cornstarch and onion flakes in saucepan; cook over low heat until hot, thickened and bubbly.

Place chicken breasts between pieces of wax paper or plastic wrap and pound until ¼-inch thick. Season with salt, pepper and garlic powder. Place one piece of mozzarella on each and roll up.

Combine spinach with ½ of thickened milk mixture and spread in bottom of casserole dish. Place chicken rolls on spinach, then pour remaining milk mixture over all. Combine bread crumbs with Parmesan and sprinkle evenly over top of chicken and spinach.

Bake at 350 F for about 40 minutes. Cut into chicken to test.

Note: This recipe calls for an entire box of spinach for each dinner. If this is too much, use less spinach, although the cooking class instructor believes the large amount of spinach is both healthy and filling.

Note: Non-fat milk can be substituted for low-fat milk, which would reduce the calories.

CHICKEN STROGANOFF

White Sauce:
1 tablespoon margarine
3 tablespoons flour
2 cups defatted chicken stock, hot
½ teaspoon salt
Other:
¼ cup defatted chicken stock
2 large onions, peeled and sliced
4 cups sliced mushrooms
2 tablespoons tomato paste
1½ teaspoons dill
1 teaspoon paprika
¼ teaspoon nutmeg
¼ teaspoon salt
½ cup sherry
2 tablespoons cornstarch
3 cups cooked chicken, skinned and cut in strips
¾ cup plain low-fat yogurt
16 ounces cooked fettuccine

Yields 8 servings.

In saucepan, melt margarine and add flour; cook for 3 minutes, stirring constantly. Remove from heat. Stirring with wire whisk, add hot chicken stock. Return sauce to heat (low) and cook for 15 minutes. Add salt.

In another saucepan, heat the ¼ cup chicken stock and cook onion, covered, over low heat until soft, stirring frequently. Add mushrooms and continue cooking, covered, until soft. Add white sauce, tomato paste, dill, paprika, nutmeg, ¼ teaspoon salt and ¼ cup sherry. Simmer, uncovered for 10 minutes. Stir cornstarch into remaining ¼ cup sherry, then add to mixture.

Add chicken and yogurt and heat through. Serve over fettuccine noodles. (Spinach noodles make an attractive dish.)

Note: Non-fat yogurt can be substituted for low-fat yogurt, which would reduce the calories.

CHICKEN TETRAZZINI

1½ cups milk (low-fat or non-fat)
1½ cups chicken broth
¼ cup sherry
¼ cup cornstarch
2 ounces Swiss cheese, grated
2 cups sliced mushrooms
3 cups cooked spaghetti
2 cups cooked chicken, cut into cubes or shredded
2 tablespoons Parmesan cheese
Yields 4 servings.

Combine milk, chicken broth, sherry and cornstarch in saucepan. Cook over medium heat until hot and thickened. (In the microwave, combine ingredients and cook on HIGH, full power, for 2 minutes.) Stir in Swiss cheese; cook just until melted.

Cook mushrooms in non-stick skillet until tender. Add to milk mixture.

Put spaghetti on bottom of casserole dish; spoon a little sauce over, then add chicken and remaining sauce. Top with Parmesan.

Bake at 350 F for 20 minutes or

until hot and bubbly and golden brown on top.

CHICKEN FAJITAS

1 tablespoon Worcestershire sauce
2 tablespoons soy sauce (or light soy sauce)
1 tablespoon vinegar
1 teaspoon chili powder
2 teaspoons sugar
2 cloves garlic, peeled and minced
Dash hot pepper sauce
4 boneless, skinless chicken breasts, cut into strips
1 onion, peeled and sliced
1 green bell pepper, seeded and sliced
1 red bell pepper, seeded and sliced
1 lime, cut in half
12 corn or flour tortillas
Fresh chopped cilantro
Yields 6 servings.

Combine first 7 ingredients; mix well and add chicken strips. Marinate at least 20 minutes.

Heat non-stick skillet and cook chicken until no longer pink. Remove from pan and set aside. Add onion and bell pepper strips to pan; cook, covered until onion is tender. Add chicken to skillet and heat through. Squeeze lime juice into pan.

Serve on hot tortillas with cilantro.



Cooking Corner

KITCHEN HINTS

Lump-free polenta.

Keep this Italian specialty from clumping.

1. Always mix cornmeal thoroughly with cold water.
2. Season with salt and a bay leaf.
3. Cook as usual.



Garden Talk

By C.Z. Guest

Many gardeners enjoy getting a head start on the planting season by starting seedlings of flowers and vegetables indoors. It pays to be an early bird!

There are several advantages to starting seedlings indoors. It allows the self-reliant gardener to be involved with planting while it's still too cold to work outside. Even more important, it allows the gardener the choice of selecting varieties of vegetables best suited to his or her own growing conditions.

You must always garden for the area you live in; most seed packets have the growing zones clearly defined, so read the labels carefully! By perusing garden catalogs for disease-resistant, short-season, low-maintenance or space-saving varieties, the gardener can tailor the planting plan to perfection.

Don't start seedlings indoors too early — bigger isn't necessarily better. Check your plant calendar for when you normally would plant outdoors and count back six to eight weeks. This is the correct timing for starting seeds indoors.

Q. What are insecticidal soaps?

A. Insecticidal soaps, as well as soaps in general, are made from the salts of fatty acids. The fatty acids come from the oils and fats found in plants and animals. Most of the Environmental Protection Agency-registered insecticidal soaps available on the market today are composed of potassium

salts of several fatty acids, water and alcohol.

There are several popular products on the market: Safer™ Insecticidal Soap and a new one from Ortho, Orthoganic R Insecticidal Soap.

Keep in mind that some products mix soaps in combinations with other kinds of pesticides, so it's best to read the label carefully and examine the list of active ingredients before buying and using the product.

A few words of caution: Some plants are sensitive to soaps, so avoid soap sprays on gardenias, bleeding hearts, lantana, nasturtiums, sweet pea, Japanese maples and Easter lilies.

If a treated plant shows signs of wilting within a few hours of treatment, gently rinse with clear water. If you're not sure about the sensitivity of one of your plants, just test the soap spray on a small part before treating the entire plant. Be sure the plants you treat are well watered and healthy.

Plants under stress from drought and other factors may be sensitive to soap sprays, especially if it's above 90 F and in full sun. It's best to spray early in the day during the summer.

C.Z. Guest is a gardening authority whose work appears in *House and Garden* and author of numerous books and videos, including "5 Seasons of Gardening" (Little, Brown and Co.)

GARDEN TIPS

Vegetable season

- Select seeds for your growing zone.
- Choose seeds to suit your needs, such as low maintenance, short growing season or space-saving.
- Don't start seedlings indoors too early; bigger isn't always better.
- Start seedlings six to eight weeks before you would normally plant outdoors.



Our Children

By Willard Abraham



Preventing drinking and driving among teens

Q. We are just plain scared about our kids becoming adolescents. One of our biggest worries is about the possibility of their ever drinking and driving. They are 11 and 13 years old, and there isn't even a hint that they will be that foolish, but "what if?" always comes into our minds (and that's just one of our potential future burdens related to them).

We have always thought that prevention of a possible problem is a good way to go. You stress it a lot in your column, and we have often followed your suggestions.

So please help us now.

A. You are obviously on the right track on this worrisome issue, and you are probably aware that you have plenty of company on your wavelength.

So is the organization called Students Against Driving Drunk. Here are the tips for parents that they have provided:

• Be an exemplary role model to your children. Don't drink and drive, and always follow the same advice you give.

• Become an expert on the life-threatening effects of alcohol and drugs. Read up and keep abreast of breaking news so you can provide your children with accurate information.

• Discuss the dangers of drinking, drugs and driving with your children before they reach their teen-age years. Set down rules and discuss them openly with your children. Encourage them to ask questions and talk freely about their problems.

• Sign a SADD "Contract for Life," a life-affirming agreement between parents and teen-agers that reinforces family support against peer pressure, drugs or alcohol abuse and driving while drunk.

• Get involved in your children's social lives. Know who their friends are, and invite them to your house regularly.

• Discuss the problems of peer pressure with your children and how they can resist it when it comes to drugs and alcohol.

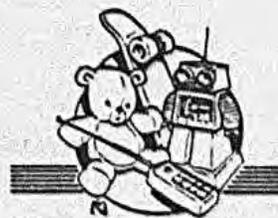
• Make sure your children learn these important overlooked facts: People can die from an overdose of alcohol; coffee, cold showers and fresh air do not sober you up; wine coolers and beer can get you drunk; beer contains the same amount of alcohol as a shot of whiskey or a glass of wine.

SADD also offers this approach you might consider supporting within your community in combating youth alcoholism:

• Make sure your local schools have incorporated alcohol education programs in their curriculum. If not, see to it that they do by working closely with school officials and other concerned parents.

• Support teen-organized or -run sports and recreation activities. Instilling peer confidence and security is a key to helping teens resist the temptation of alcohol and drugs.

• Meet with local businesses, shopping malls and recreational departments to sponsor ongoing teen-age social and athletic activities as a positive alternative to partying and hanging out.



Our Children

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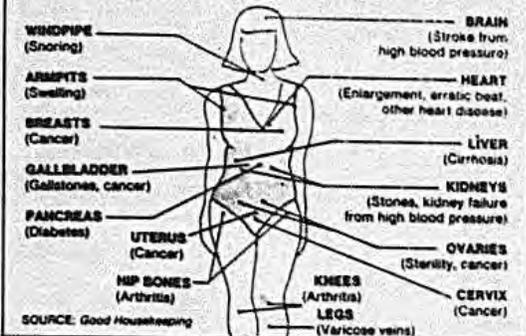
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HEALTH WATCH

Problems linked to obesity

Additional reasons to stick to that New Year's diet resolution.



Fitness Forum

By Jack Williams

They're known as agents of environmental aging: everything from the stress in your face at the workplace to a sun that threatens to drain your youth from every pore.

But those forehead furrows and facial crinkles and creases we acknowledge as signs of time aren't exactly etched in stone, the skin-care and cosmetic industries contend.

Especially now that some promising antiwrinkle remedies are just a drugstore counter or health-food store away.

Among them:

- Topical creams and moisturizers that contain alpha hydroxy acids derived from food sources. These natural exfoliants have been shown to have a similar effect on fine wrinkles and age spots as the prescription drug Retin-A — but without the irritation, redness and peeling.

- Combinations of vitamins, applied topically or taken internally, to offset the aging effects of the environment and rejuvenate the complexion.

One firm — Scandinavian Natural Health & Beauty Products Inc. of Perkasie, Pa. — says it can provide clinical proof that its formulation of vitamins and nutrients in pill form, called Imedeen, enhances skin thickness and elasticity (thus minimizing the appearance of wrinkles).

"For the first time, there are products available that will change how the skin feels and looks," says Dr. Howard Murad, an assistant clinical professor of dermatology at the University of California at Los Angeles, whose Murad Skin Research Laboratories in Los Angeles were among the first to introduce alpha hydroxy acids.

Among the latest to fuel the trend is La Prairie, a Swiss-based company that has introduced an Age Management Serum that includes vitamins E and A floating in a clear gel that contains alpha hydroxy acids.

A LITTLE SMOOTHING

While the new products represent a revolution in skin-care strategy, to call them major breakthroughs against aging is probably an exaggeration.

"All the moisturizers are doing, essentially, is smoothing the skin out and removing excessive dead cells from the skin," says Dr. Peter Simoneaux, a dermatologist at Scripps Clinic & Research Foundation in San Diego.

"By reducing scaling and dryness of the skin, they may promote a more youthful appearance, but I haven't seen well-published studies that show they stimulate skin-cell production, which Retin-A does."

Retin-A, a vitamin A derivative originally designed to treat acne, has been shown to reduce fine wrinkles and reverse precancerous skin conditions. However, it's available only by prescription in the United States and may irritate the skin of some people.

The alpha hydroxy acids — which are expected to be widespread in the cosmetics industry this year — have one major similarity to Retin-A: They help remove dead cells from the top layer of skin.

The skin, as a result, is better able to absorb natural moisture from the air.

But because "a lot of damage occurs to the skin at an early age, these moisturizers can't turn back the clock like a chemical peel can," said Dr. Hubert T. Greenway, a Scripps Clinic dermatologist.

"What they can do is provide relief for dry skin, and I believe they should be used — especially in (a dry) environment."

"The average person could benefit from using a sunscreen in the morning and a moisturizer at night."

However, sunscreens, while effective in preventing burns, may actually increase the risk of developing skin cancer because they allow people to stay out in the sun longer and absorb more dangerous rays.

THE HEALTHY GOURMET

By Kit Saedaker

If ever there is a time to serve pork, this is it. Cooler weather makes us more comfortable thinking about pork chops and pork loin.

More comfortable than we've been for a while, as a matter of fact, because farmers have become aware of fat problems. Pigs, accordingly, are bred leaner. Pork has less marbled fat, indeed less overall fat.

The Pork Council likes to call it "The Other White Meat" so we will think about it as chicken. I wouldn't go that far. Pork has a long way to go to catch up with chicken.

Besides, it tastes good on its own — as pork. Tender, delicate, juicy, pork can speak for itself, as it does in the recipes that follow.

PORK CHOPS WITH MUSTARD-HONEY SAUCE

¼ cup all-purpose flour
Pinch salt
Freshly ground pepper
4 pork chops
1 tablespoon canola oil
1 red pepper, cored, seeded and diced
2 carrots, pared and julienned
1½ cups low-sodium beef broth
1 tablespoon Dijon mustard
1 tablespoon honey
Yields 4 servings.
Each serving has about 325 cal.

ories, 13 grams fat, 84 milligrams cholesterol and 500 milligrams sodium.

Mix flour, salt and pepper. Put in brown paper bag and add chops. Shake to coat and save flour mixture. Heat oil in skillet and add chops. Brown on both sides, about 8 to 10 minutes. Remove chops and keep warm. Pour out all but about 1 tablespoon of fat. Save that and wipe out skillet with paper towel.

Heat 1 tablespoon of fat you saved in skillet and add red pepper and carrots. Cook, stirring for about 5 minutes or until vegetables are soft. Add flour mixture and stir until brown. Stir in beef broth, mustard and honey. Cook, stirring until thick. Add pork chops and any juices beneath them. Simmer, covered for about 4 or 5 minutes until chops are warmed through and tender. Serve with sauce from pan.

Kit Saedaker is author of "The Great Convertibles." Her food stories have appeared in *Bon Appetit* and *Harper's Bazaar*.



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Here's How

By Gene Gary



Q. Our kitchen has several items in copper, including a hanging copper rack, which holds copper pans and trim in copper tiles on the walls above the counter-tops. These have all turned dark and dingy with use, especially the copper tiles and bottoms of the pans. I have tried several cleaning agents without success.

What is the best method of refurbishing tarnished copper to restore the original color and luster?

A. There are a number of good commercial cleaners on the market for both brass and copper. These should remove the dirt and oxidation. However, if the tarnish has reached the stage of "green rust," or verdigris, that forms on metals, cleaning will require a more vigorous method of removal.

If oxidation has reached the stage of pitting of the surface, complete removal is practically impossible with any ordinary means, especially if the metal is thin (that is, sheet metal rather than a casting). Other than commercial products, I can recommend two cleaning methods that are helpful in restoring copper.

An old, but effective, remedy is to rub the surface with a mixture of vinegar and salt (for items that are detachable you can immerse them in a solution of salt dissolved in white vinegar).

For vertical surfaces, you will need to apply almost as a paste and use plenty of elbow grease. Rinse and dry the metal immediately following treatment.

Another method is to make a

limited test with muriatic acid diluted one half with water. Use extreme care when working with acids. Pour the acid into the water and avoid splashing. Wear rubber gloves, old clothes and protect your eyes. Avoid getting the mixture on adjacent surfaces. Rinse with plenty of clear water.

If these treatments fail to get results, the only other sure method is a portable buffing machine that is like the electrical hand buffer used on automobiles. Buffing paste is applied to the spinning wheel of the machine, and the corrosion is ground off.

Q. When we redecorated a den, I used several chairs from a line of office furniture. These chairs have pedestals of cast, brushed aluminum as well as trim on the backs and arms in aluminum. Over time this aluminum has become dull and dingy.

I purchased a commercial aluminum cleaner that was ineffective in restoring the original patina. The metal is not pitted, so I am hopeful it can be cleaned and polished. Do you know of any recommended brands for cleaning this

type of metal?

A. Although there are numerous brands of metal cleaners, including those that specify aluminum, I have found two that are particularly helpful on aluminum and chrome surfaces (but not restricted to these metals). Both of these pastelike products are somewhat expensive when compared with others, but a little of either substance goes a long way.

They are Primo Polish distributed by Ecolind Products, P.O. Box 86250, Atlanta, GA 30356 (or call toll free, 800-345-1515 and inquire about item No. V-5000), and Flitz Polish distributed by Flitz International, Waterford, WI 53185.

If you cannot find these brands in local hardware or home supply stores, contact these distributors direct for shopping information in your area.

It may still require a lot of elbow grease and several applications to restore the luster to your chairs, but either of these products should do the job. Be sure and follow the manufacturer's directions carefully.

Decor Score

By Rose Bennett Gilbert



Q. When our daughter went away to college, we decided to rent her room to another student who goes to school nearby. She agreed, but now that she's graduating, she wants to come home for a while. Our only option is to do over the attic.

Can you give us any ideas about colors, etc? Also, the floor is just rough boards. Should we put down carpeting? This may be a brief move, so we don't want to make a major investment. — A.E.

A. Your situation is more common than you might guess with the tight job market sending a lot of grown children back to the nest. Many space-pressed families are growing up, into their attics and, as you can see from the cozy room we show here, your daughter need not feel like Cinderella. With its inherent nooks, crannies and architectural eccentricities, an attic hath special charms.

Two problem areas do exist, however: Attics tend to be dark with smallish windows, and space can be cramped.

Color can help solve both problems. The lighter and brighter the better, since clear, clean colors reflect whatever light is available.

The room in the photo features white-painted floors and a light-grounded wall covering with vertical stripes that "raise" the roof, visually speaking.

Sheer curtains and lamps with translucent shades also relieve potential claustrophobia. So does bringing in a bit of the great out-

doors: bed liners and pillows with a joyous floral print (all from Ethan Allen), and a swag of real ivy curling over the window frame.

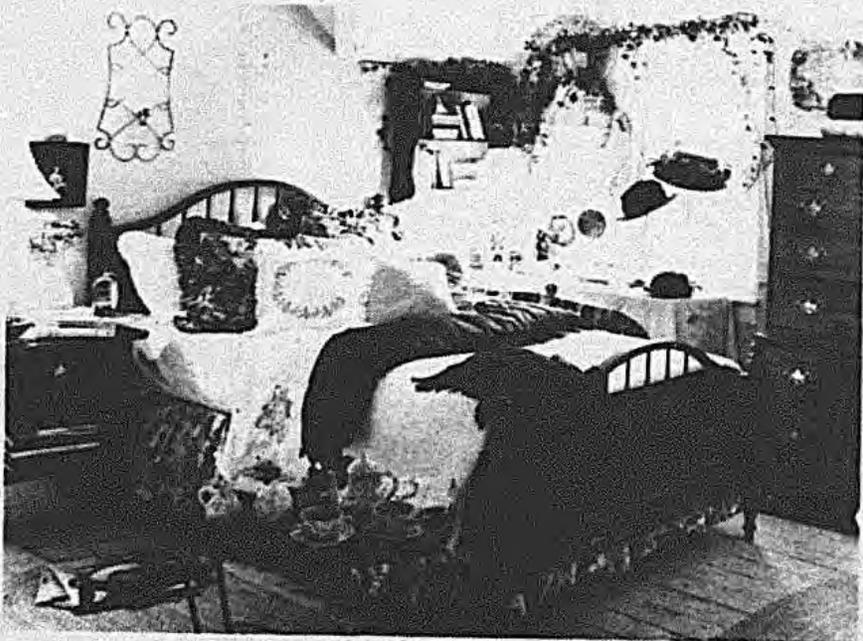
Q. In our funny old house there is a French door with glass panes between the living room and the dining room that we are using as an at-home office (we always eat in the kitchen anyway). I don't want people looking through the door at our "works-in-progress" (I'm a writer and my husband is an accountant, and both our desks are always messy).

My question is, what kind of a curtain should I put on the door? — D.S.

A. A double-sided curtain: One side should work with the living room decor; the other should be a color and pattern that complement the office side.

Another thought: Replace the door panes with mirrors facing the living room and curtain only the other side.

Rose Bennett Gilbert is the co-author of "Manhattan Style" and associate editor of *Country Decorating Ideas*.



COZY NOOK — With planning and panache, a guest room tucked under the attic eaves can look like anything but a stepchild.



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CHILD CARE WORKER Mature, caring, reliable person with experience to care for our ten-month old in our New Hyde Park home. Own transportation. Non-smoker. Full time position. References required. Call evenings 354-4824. hfh

BABYSITTER - HOUSE-KEEPER, 30 hours a week. English speaking, clean driver's license, non-smoking for 1 toddler in my home. References required. 485-4979. gcf1

FILE CLERK/TYPIST, organized, responsible person needed full time at Garden City Insurance Agency. Walter R. Sommer. 741-6688. gcf1

EXPERIENCED, RELIABLE PERSON to take care of children in my Garden City home. Non-smoker with references. 248-2893. gcf4

HOME HEALTH AIDE to cook, clean and be a companion to bed-ridden woman. Live-in position - five days a week. New Hyde Park area. Call 488-8019, leave message. Hfeb1

MATURE WOMAN WANTED for care of two boys, light house-keeping. Mon.-Fri., 2 p.m.-7 p.m. Provide references. Call 248-6933 Leave message. gcf1

Help Wanted

HOUSEKEEPER / HEALTH AIDE, live in. References required. Send resumes to Garden City News, 821 Franklin Ave., Garden City, N.Y. 11630, Box # S. gcf4

NANNY/STUDENT/AUPAIR wanted for P/T child care in exchange for free rent in our happy young home. Must speak English, references, non-smoker. Near LIRR, bus, colleges. Please call us at 294-1994. gcf1

CHILD CARE WANTED High School or College student to care for 11 year old in our home, 2:30 p.m. - 5:30 p.m., Mon., Tues., and Thurs. afternoons. Licensed driver preferred. 248-0044. gcf3

GREAT NECK COUPLE SEEKS Loving, nurturing child care for our infant son. Live-in/out. Monday through Friday. Experienced. Non-smoking, English speaking. Light housekeeping. References required. 466-6047. wf4

SECRETARY WANTED, LAW Office, Word Processing, P/T, F/T, 747-8630. gcf2

LOVING, ENERGETIC WOMAN wanted to care for infant son F/T in our home or your local Garden City home. Must have experience, references and be non-smoker. 747-3607. gcf4

SECRETARY P/T, 9-2, LAW Office, excellent skills required. 222-2727. gcf1

RECEPTIONIST / SECRETARIAL skills. Investment firm in Garden City. Professional front office appearance, busy phone at times. Varied duties, excellent benefits. 8:30-5 p.m. Non-smoking office. Returnees welcome. Call Maureen 742-0000. gcf4

Help Wanted

CHILD CARE WANTED. Mature, responsible woman to care for 2 boys, ages 1 & 4 in my home. Permanent position. Hours: 7:30-3:30, Monday-Friday. Summers flexible. Salary negotiable. References required. Must have excellent experience caring for children. 489-5980. gcf2

GARDEN CITY MOM LOOKING for responsible person to watch my 2 & 4 year old in my home for 3-4 hours a day for 2-3 days a week. Own transportation and references. 741-4346. gcf3

BABYSITTER AT OUR HOUSE, 8:15 to 3:15 daily. Seven year old in 2nd grade, 5 yr. PM Kindergarten. You will drop off and pick up at school, plus PM shopping. Good with children. No smoking, driver's license & references. 747-0630. W-P-2

P/T SEVERAL PERSONS needed immediately in our telephone sales dept. at our Mineola office. Mornings or evenings available. Guaranteed hourly rate plus weekly bonuses to \$17.50 per hour. call Mr. Paul after 12 noon 877-7700. gcf1

SECRETARY WANTED, LAW Office, Word Processing, P/T, F/T, 747-8630. gcf1

TYPIST NEEDED EVENINGS - Monday, Tuesday, Wednesday, 5 p.m. until approx. 9 p.m. Computer experience helpful, but not essential. Will train. Salary commensurate with experience. Call 931-0012. hfh

P/T AFTERNOONS, DISTRIBUTOR, Growth potential. Computer knowledge, filing, order entry. Must be reliable, well organized. Tevac. 674-3828. hf1

MEDICAL BILLER - PERSON, P/T or F/T, Mineola Doctor's office. Pleasant environment. Front desk/insurance, strong billing & organizational skills. 997-7340. Please leave message. wf5

CHILD CARE NEEDED in my Mineola Home. Monday, Wednesday & Friday, 7:30 a.m. to 5:30 p.m. for 2 and 4 year old boys. References required. Please call 742-7839. wf3

Situation Wanted

HOUSECLEANING - EXPERIENCED, REFERENCED. Own transportation. Available 9 am to 1 pm Mon., Tues., Wed., & Sat. Call 333-3650 and ask for Anna. gcf1

Situation Wanted

YOUNG, ENERGETIC POLISH woman looking for position as a companion, babysitter, housecleaner. Speaks excellent English. Please call Madga 292-2055. W-F-2

PAINTER/CARPENTER AVAILABLE \$100 per 8 hour day. Call today. Don't delay. Leave message. 747-6893. gcf2

GARDEN CITY WOMAN seeking employment cleaning your home or office. Honest, strong, reliable, moral and experienced with own transportation and references. Call 742-4609. Leave message. gcf2

HOUSECLEANING JOB WANTED. Own transportation with references and experience. 294-5916. gcf2

ELDERLY CARE AVAILABLE. Mature, female student available for part time days or nights position. Excellent references. Call 516-873-0516. W-F-4

MY RELIABLE, HONEST, excellent, gay, cleaning lady, has available days. Phone me at 487-8215. W-F-4

EXPERIENCED IRISH WOMAN available as nurse's aide/companion for elderly. Kind & considerate. Day or night duty. Reasonable rates. Call Mary 354-1938. gcf4

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AIDE, COMPANION, CERTIFIED I take interest in my job, very pleasant, easy to get along with. I can work day or night shifts, have transportation. Excellent checkable reference. (718) 949-2120. gcf4

HOUSECLEANING AVAILABLE 4 days a week. Good references, experience & own transportation. Call 338-4306. gcf4

HOUSEKEEPER AVAILABLE - GOOD references. Own transportation. Call 6 to 11 p.m. 747-9237. gcf1

BABYSITTER, GARDEN CITY mother with older children wanting to babysit occasionally in your home, daytime. 248-5896. gcf4

HOUSEKEEPER, CHILD CARE, office cleaning, experienced, Monday to Friday. References 488-3382. gcf4

Situation Wanted

ATTENTION VACATIONERS - WOULD You like to go away and know that your dog or cat is well taken care of? Mature woman who loves animals will give your pet lots of TLC. Fenced in yard. 352-9113. gcm1

GARDEN CITY FEMALE, personable & experienced in office management, customer service & purchasing, computer literate, seeks F/T employment. 747-4733. gcf1

HOUSECLEANING AVAILABLE. RESPONSIBLE, non-smoking person with experience and references. Own transportation, English speaking. Mon., Wed., Fri. Call Clarita 638-4522. gcf1

HOUSECLEANING WITH EXPERIENCE available for house, apartment or office. Good references, own transportation. Trustworthy. Please call Sandra 747-7988. gcf1

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FORCED TO GIVE UP my wonderful babysitter. If you need to hire a loving & energetic woman, F/T or P/T, please call me at 488-4875. Live-out only. gcF1

LOVING AND CARING experienced Nurse's Aide seeks position to work with the elderly or sick. Available full time 5 days a week, living out, or on weekends. References are available. Can be contacted after 3 p.m. at 538-5072. gcF1

HOUSECLEANING \$10 an hour with experience & references, own car & driver's license, dependable. call 873-0704. Ask for Costa. gcF1

EUROPEAN WOMAN AVAILABLE for cleaning house. References and own transportation. For additional information call 783-9644. gcF1

POLISH LADY, RESPONSIBLE, honest, heavy working with experience, looking for job cleaning homes or taking care of sick, elderly or children. 481-2828. gcF1

HOUSECLEANING AVAILABLE 4 days a week. Good references, experienced & own transportation. 338-4306. gcF1

FORMER GARDEN CITY resident 1951-1988 with current, impeccable references from Muttontown and Syosset would like to clean your house scrupulously. Please call Mrs. Burke at 292-7504. gcF1

EXPERIENCED MALE NURSE'S AIDE seeks to care for the sick or elderly. Own transportation. Call Agu 223-2667. gcF1

MALE SEEKS POSITION as electrical apprentice & maintenance. Non-smoker. Excellent reference. (718) 464-5439. gcF4

IRONING LADY AVAILABLE Mon., Thurs., Sat. Will do laundry, cleaning. References. Experienced. call 248-3035 after 5 pm. gcF1

EXPERIENCED HOME HEALTH AIDE seeks live-in position caring for the elderly. Please call Carin Seifert. 753-2094. gcF1

MINEOLA MOTHER will give TLC to your child in my Mineola home. Non-smoker, excellent references, P/T or F/T. 742-7830. W-F-2

HONEST CHRISTIANS WILL clean houses or offices. Experienced, reliable team. Satisfaction guaranteed. (516)483-4743. gcF2

Situation Wanted

LOOKING FOR HOUSE-KEEPING job. I have good experience and reference. 489-4634. gcF2

ATTENTION: WORKING MOMS and Professionals. Excellent housekeeper will make your home immaculate or help schedule meals, will even bake or help you redecorate. Call Mrs. Reed at 538-1512. I'm a St. Anne's Parish member. gcF2

CERTIFIED NURSE'S AIDE with experience looking for job taking care of the elderly or disabled person. Night or day. Please call me at (718) 327-4614. gcF2

EUROPEAN WOMAN is looking for housecleaning job. Good experience and reference. For additional information call 486-4228. gcF2

HOUSECLEANING, REFERENCES & EXPERIENCE, own transportation. Please call in evening 783-5520. gcF2

HOUSECLEANER AVAILABLE. Live out, experience & reference. Own transportation. 486-7118. gcF2

EXPERIENCED BABYSITTER SEEKING FULL TIME JOB, Mon-Fri. Flexible with excellent checkable reference. Call any time 481-0320. gcF2

DEPENDABLE PERSON SEEKING job to take care of elderly or babysitting. Contact Edna at 271-8149. gcF2

MATURE, EXPERIENCED WOMAN available to babysit on Fridays. Please call after 8 p.m. or leave message. 741-8149. gcF2

A GROUP OF experienced babysitters will do sleepovers from Fri. to Sun. evening. We will also fill in from Fri. to Sun. for your regular sitter. Please call after 8 p.m. or leave message. 741-8149. gcF2

HOUSECLEANER AVAILABLE, MONDAY to Saturday. Own transportation. References. Call 565-2119. gcF2

RECEPTIONIST, EXPERIENCED, FULL TIME. Excellent management, organizational and office skills. Warm, friendly, good front desk appearance. Efficient telephone personality, non-smoker. Adaptable, quick learner. P.O. Box 364, Williston Park, New York, 11596. W-F-4

CHILD CARE AVAILABLE. NYS certified early childhood teacher with master's degree will care for your child in my Mineola home. Enriched environment. Playmates. Certified program. Excellent extensive references. 747-5350. wJ3

I AM A YOUNG Christian woman looking for work as companion to the elderly or nurse's aide, so if you need quality care, please call Amanda (718) 337-2501. All references are available upon request. gcF3

Situation Wanted

MATURE WOMAN SEEKS job as companion for elderly. Also babysitting, it housekeeping, experienced, excellent references. Please call 489-8032. gcF3

GOOD HOUSECLEANER, looking to work Wed. & Fri. Reliable, experienced, reference. Bertila 481-7570. gcF3

EXPERIENCED IRISH GIRL seeks nurse's aide position. Day, nights, week-ends available. Excellent references. Please call Mag (718) 343-2218. gcF3

I AM MATURED, CERTIFIED & experienced. I have lots of love and care to offer your elderly or sick. I am available P/T or F/T 783-8673. gcF3

VERY NICE MATURE and good manners lady seeks to take care of an elderly person or older children. Will live in or out. Please call 292-2581. gcF3

NURSE'S AIDE WITH qualified hospital references will take care of your sick and loved ones. Day or night (516)565-0558 or (718) 868-0618. gcF3

HOUSECLEANING JOB WANTED for 3 days. Experienced with good references. 486-5394. gcF3

IRISH AMERICAN CERTIFIED Nurse's Aide. 13 years experience. Excellent references. Will work at least 8 hours, days, nights or weekends. Morning phone 746-4745. After 12-746-0948. W-F-3

IRISH WOMAN LOOKING to do companion care. Local references. 746-2732. W-F-2

BABYSITTER/HOUSEKEEPER/COMPANION. Live out five days a week. Excellent references. 488-2377. W-F-3

EUROPEAN WOMEN AVAILABLE - all types jobs, housekeepers, babysitters, companions. Live in/out. For additional information call (718)692-3124. hFeb3

COMPANION AIDE WITH Experience, will care for elderly. Live out. Work any hours. Call Christina 797-1657. hFeb3

YOUNG POLISH WOMAN looking for cleaning job. Trustworthy - Please call (516) 746-7929 between 9 a.m. - 2 p.m., on weekdays and anytime on weekends. W-F-4

PART TIME CHILD CARE available. Mature responsible female student available, Monday, Wednesday, Fridays and weekends. Excellent references. Call (516) 873-0516. W-F-4

EXCELLENT HOUSE-KEEPING AVAILABLE for houses, apartments or small office. 5 years experience, good references, own transportation. Please call after 8 p.m. or leave message on machine 741-8149. gcF4

Situation Wanted

MATURE WOMAN LOOKING for cleaning job. Experienced. 481-1609. Please call after 4:30 p.m. gcF1

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ESTATES RANCH IMMEDIATE Sale. Owner relocating. 4 BRS, 3 new baths, new country kitchen, 2 car, sprinklers, alarms. Price reduced \$429,000. No brokers. days 746-3010, Eves & weekends 741-5477. gcF2

GARDEN CITY WESTERN Colonial. 4 BRS, 3 Baths, fully renovated, large kitchen. Low taxes. for sale by owner. Please call evenings 775-3751. gcF2

MONTAUK, 2 RM FURNISHED Co-op. One hundred feet from beach. Electric heat/air conditioned. walk to dining, shopping. Sleeps four. Full kit, cable TV. Must sell. Asking \$38,500. Great rental history. 724-5872. gcF1

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GARDEN CITY COLONIAL 3 BR, 1 1/2 Bath, LR/Fpl, DR, EIK, fin. basement, screened porch, professionally landscaped. Walk to park. Low taxes. Asking \$359,000. Principals only. 741-9262. gcF1

GARDEN CITY ESTATES 4 BR, 3 Baths, English Colonial. FDR, LR/Fpl, library, large kitchen with deck, finished 3rd fl., 2 car garage, fin. bsmt, gas heat. Principals only. No brokers please. High \$300's, 873-0338. Owner Anxious. gF1

SOUTHOLD - LOCATED IN desirable Bayhaven beach-front community. This custom-built Cape Cod offers 5 rooms (2BRs) on first floor, and room for 2 additional BRs on second floor. Full basement, H.W. floors, garage, appliances. Exclusive - Selling to settle estate - Asking \$145,500

Southold - Classic Cape Cod - That Better Home you have been searching for! "In-town" location, yet walk to beach / boating. 7 comfort inviting rooms, large LR, formal dining rm, modern Kitchen, Master Bedroom, tile bath on first floor, 3BRs, tile bth second floor, new appliances, heating, electric, roof & siding, Fpl, finished bsmt, garage. New Exclusive. Asking \$199,000 Bookmiller Real Estate, 722-4423 gcF1

NASSAU POINT / CUT-CHOGUE. Hi Ranch. LR/Fpl, 2 baths 2 + BRS, Rec. Rm., CAC, sunny den/wood burning stove, outdoor shower. \$199,000. No brokers. 734-7762, 877-9030. gcF1

GARDEN CITY MOTT Colonial - 3 BR's, 1 1/2 new baths, large family room, new kitchen, new windows. Mint condition. Low taxes. Must see. Principals only. \$389,000. 294-4951. gcF2

Real Estate for Sale

SHELTER ISLAND CONTEMP. 1 acre plus, 3 BRS, 2 full baths, FPL, wrap around deck, CAC, private deeded beach rights, fully furnished. \$275,000. (516) 485-0377. gcF4

GARDEN CITY LARGE mint split. Family area, near Hemlock Park, beautiful LR/Cathedral ceiling & FPL, DR, large EIK, 3 BRS, 2 baths, large den/family room, finished basement, 2 car, landscaped 70x100. Owner \$354K neg. Offers considered. 747-6386. gcF4

GARDEN CITY - WESTERN. Expanded ranch. LR, Fpl, DR, Lrg. EIK, Den, 4 BRS including master suite. 3 1/2 Baths. Finished Bsmt. w/entrance. Gas heat. By owner - \$330,000. 328-2919. gcF1

G.C. GREAT BUYS -Seventh St. Condo, 1 BR, new kitchen. Walk all \$129,000. Must Sell - 4 BR's, 2 baths, den only \$189,000.

Hurry - 4 BR's, 2 baths expanded Cape \$249,000. Charming 3 BR, 2 baths Tudor, large den \$269,000. All New 3 BR, 2 baths, den, large lot \$315,000. Won't Last: 4 BR Colonial, den, large lot \$379,000. Pristine - 3 BR Ranch, finished basement. Must see. \$389,000. Stunning 4 BR Ch Brick Colonial, large lot \$465,000. Anxious - 5 BR Williamsburg Colonial, new kitchen, den \$575,000.

We have what you're looking for. Fennessy Realty (516) 746-6245. gcF1

GARDEN CITY PRIME Estates CH Dutch Colonial. Old World Charm, 4 BR's, 2 new baths, 19' new oak EIK, 15 foot FDR, 20 foot LR w/marble fpl. Low taxes. Many extras. Reduced to \$578,000. 741-7378. gcF2

GARDEN CITY SOUTH, 3/4 BR Colonial, low maintenance, mint condition, oak moldings, study, office, new roof, \$265,000. Owner 292-2112. gcF1

GARDEN CITY ESTATES 4BR, 2Bth, Immaculate, 2,000 sq. ft. Cape, all ultra modern, Anderson windows & new systems - low energy costs, low taxes, alarm, superior craftsmanship, and much more. Unequaled value, priced to sell. \$335K, Principals only. 873-8654. gcF4

SHELTER ISLAND - VACATION - Retirement 4 year old Ranch. 3BRs, 2 Bths, deeded private beach, CAC, sprinklers, full basement, 2 1/2 car garage, 5/8 acre. Low maintenance, deck and outdoor shower. \$239,500 Owner. 328-1188. gcF4

GARDEN CITY ESTATES CH Cape, SBR, 2Bths, LR/fpl, DR, EIK, gas/hot water heat, all appliances. Walk LIRR, all schools. \$365,000. Principals only. 294-0124. gcF4

FRANKLIN SQUARE NEW Townhouse. 6 large rooms, 2 1/2 Baths. Move in condition. Skylights, new carpeting, tiles, full basement. \$170,000. Owner 488-3287. gcF3

Real Estate for Sale

SOUTHOLD MINT COUNTRY Cape in private community features LR/stone Fpl, large EIK, den, 4 BRs, 2 1/2 Bths, deeded sandy bay beach and marina. Reduced \$197,000
Mattituck Waterfront Renovated Victorian on 2 plus acres with deep water dock. LR/fpl, Family Room, FDR, EIK, 3 BRs, 2 Bths, expansive views \$450,000
Cutchogue Immaculate Cedarshak Ranch on pastoral acre. LR/fpl, DR, 3BRs, 1 1/2 Bths, enclosed porch, basement, 2 car garage \$159,000
Laurel Bayfront, sandy beach, secluded country home features LR/fpl, 2 BRs plus separate studio/fpl, panoramic views. \$330,000
Lewis Realty, 734-5533, 298-4600, 765-5810. gcf1

MINEOLA / E. WILLISTON Schools. Expanded Cape for sale. Move-in condition. 4BRs, 2Bths, carpeted, finished basement, detached garage, closets galore. 50x100, low taxes. Low \$200's. Call owner, 746-3141. wf4

EAST WILLISTON - N.E. Section: Wheatley Schools, super Colonial Split. 4BRs, Maid's Room, Cathedral LR & DR, den with fpl, three new baths, 2 car garage, CAC, beautiful property on 1/2 acre, upper \$400's. No brokers. 248-4359. wf4

GARDEN CITY BEAUTIFUL spacious home, 5 BRs, 3 Bths, screened porch, finished Rec Room, 80 x 100. Walk RR. Asking \$315K. By appointment. Principals only. 775-5974. gcf4

GARDEN CITY SPLIT LEVEL, LR, FDR, EIK, Family Room, 3BRs, 1 1/2 Bths, 63x100 lot, new Kitchen & Bath. Ask for Maria Prois, LRAB Era Caputo Realty 335-7336. gcf1

GARDEN CITY COLONIAL N.E. section - 2 BR, 2 baths, LR, DR, EIK, rec. room, 1 car, low taxes, fully renovated. Walk to Stewart School. \$225,000. Leave message. 741-3156. gcf3

NORTH FORK - TWO Story Dutch Colonial, 3 BR's, 2 baths plus auto repair garage on 1 acre in Cutchogue. \$220,000. Principals only. (516)734-6133 between 9 a.m. and 8 p.m. gcf3

GLEN OAKS, 1BR, Garden Apartment. Lovely location near North Shore Towers. Convenient commute, modern EIK, W/W, low maintenance. Safe, no fee. \$60,000 747-0535 hf3

GARDEN CITY ESTATES Section. Updated 4 BR Colonial, 3 baths, EIK, CAC, finished playroom, low taxes, oversized garage. Reduced to \$405,000. Principals only. 747-2794. gcf3

GARDEN CITY COUNTRY Life Press area. 3BR, Colonial, 1 1/2 Bths, DR, LR/fpl, Fam. Rm., oak & ceramic custom Kitchen, skylit breakfast area, partially finished bsmt, patio, alarm, inground sprinklers, garage. Principals only. No brokers. Reduced \$355,000, 747-3604. gcf4

Real Estate for Sale

CUTCHOGUE RANCH - 3 BRs, fireplace, LR, DR, EIK, patio, wooded 1/2 acre, oil heat, dry basement. Walk to beach, mooring rights. Owner (718) 454-8134, \$165,000. gcf4

CUTCHOGUE - SMASHING CREEKFRONT Contemporary with breathtaking view, easy care, 3+ BR Bths, Great Room w/fpl, garage, decks. Terrific at \$399,000
Nassau Point, Vacation / year-round hideaway with LR, Family Room, Continental Kitchen, 4BRs, 2 1/2 Baths, secluded Pool and Deck area. \$360,000

Nassau Point, Waterfront Ranch, needs repairs, large LR w/fpl, 2 BRs, 2 Bths, Dock. The view will make you want to get to work! \$325,000
Marilyn Lang Realty 734-6472, 734-6690 gcf1

SOUTHOLD: INTRODUCING Country Farm Capes starting at \$137,500. Choice of sixteen lots. New family community located in the Village of Southold within walking distance of shopping, schools, and boating. Ideal for retirement. Exclusive with Marilyn Lang Realty. 734-6472, 734-6690. gcf1

GARDEN CITY ESTATES English Tudor, Split layout, LR/fpl, DR w/built-ins, EIK for 2, 3-4 BRs, 1 1/2 Bths, Fin. Bsmt, 1 car garage, screened porch, nice yard, excellent closets / storage, easy maintenance. 40x100 plot. Top location, near schools, trains, stores. Owner anxious for quick sale. Make offer! Asking \$330,000. Principals only. Call now 747-4572. gcf4

GARDEN CITY VICINITY Atrium Plaza, 2 BR, 2 1/2 Bath Townhouse. EIK, LR, DR, own washer/dryer, CAC, garage. Walk to RR & town. Reduced \$15K. Asking \$149,500. Owner 489-0071. gcf3

G.C. NEW EXCLUSIVE Mint Western Ranch, 3BRs, 2 1/2 Bths, Modern EIK, over 1/2 acre landscaped property \$300's
Solid Brick Estates Tudor, 6 BRs, 3 1/2 Baths, EIK w/Breakfast Nook, Family Rm, 2 car \$400's
Fabulous Ranch secluded location, marvelous LR/fpl Full DR overlooking 1/2 acre landscaped property. 3BRs, 3 Bths, Family Room, Modern EIK, 2 Car \$600's
***** Exclusive Garden City South/G.C. border** Cape, stone, brick and siding. 3BRs, 2 Bths, Modern EIK \$200's
Vera Ataman, 354-1994. gcf1

GARDEN CITY - A RARE FIND! Unique & traditionally unconventional 4BR, 3Bth gigantic 2-story Country Cape Cod style home. Sunny garden room overlooks very large and private yard. Excellence everywhere. Needs some updating. Big tree, numbered street area. Reduced for fast sale. Low \$500's. Call Anne Hagen. Stutzmann Realty, oves/weekends, 741-1754. Days 742-8888. gcf1

Real Estate for Sale

LAUREL - SOPHISTICATED 3BR, 2Bth, year round vacation cottage in excellent condition. Deeded beach rights, patio w/great water views \$147,500
Cutchogue (Home Sweet Home) for the large family. 4BRs, 2 1/2 Bths, LR, Fam. Rm/fpl, EIK & FDR. Country setting, walk to private bay beach. King size opportunity \$215,000

Southold - 4BR Dutch Colonial, EIK, Fam. Rm/fpl, FDR, LR/fpl, 2 1/2 Bths, 2 car garage, IGP, beautiful professionally landscaped setting. Walk to beach. \$349,900
Cutchogue Sprawling Contemp. in the woods, stone's throw to bay beach. Master BR suite /jacuzzi, 2 additional BRs & Bth, Great room/fpl, vaulted ceilings, skylights, large deck & oil heat. Reduced to \$235,000
Cutchogue Exclusive - Unique fieldstone manor home; Large private estate, winding drive, granite pool, water views, dock, spacious rooms. Prestigious area. \$750,000
Marion King Realty, 734-5657 gcf1

GARDEN CITY PRIME Office space available. Immediate occupancy. Approximately 2,000 square feet. Will divide. Fennesy Realty, 746-6246 gcf2



SUNDAY, JANUARY 17, 2-4 PM 70 Princeton Street, Garden City. Lovely Western 4 BR Colonial, LR/fpl, FDR, EIK, Den/fpl, 1 1/2 Bath, deck, finished basement, 60x125, \$399,000. Principals only. 326-1802. gcf1

OPEN HOUSE GARDEN CITY CO-OP, Sat. & Sun., Feb. 6 & 7, 1-5 p.m., 223 Seventh Street, (Apt. 1-1) 2BR, second floor, 1 block LIRR & all shopping. \$105,000, Firm. Owner 873-9469. gcf1

SUNDAY, FEB. 7, 1-3 PM Garden City prime Estates CH Colonial, Spacious & Traditional, interior new. 19' EIK, Maid's, new bath on first, 3 large BRs, new bath on second, all amenities. Sacrificing quality renovations. Anxious & negotiable. Reduced \$578K. 741-7378. gcf1

WEST HEMPSTEAD - CATHEDRAL Gardens - Open House, Sunday, February 7, 1-3 p.m. First showing. Magnificent, Tudor on dead end. Large new EIK, new Bath, Den with vaulted ceiling, beautiful playroom. Spotless. West Hempstead Schools. \$232,000. 166 Trinity Place, Nikki Stamatas, licensed sales agent. RE/Max West, 481-6089. gcf1

Co-Op For Sale

GARDEN CITY CHERRY Valley. Mint, second floor, 2 BRs, new kitchen, bath, carpet. Private corner, large garden. Will trade for your Garden City home. \$115,000. 742-8659. gcf4

Co-Op For Sale

CO-OP & CONDO, ATRIUM Plaza - 1BR, 1B Duplex, EIK, 1 Gar, Rent/Buy Birchwood Ct. - 1BR, 1B, super clean - \$79,000
 2BR, 2B, sunny, maint. \$606 - \$117,000
Cherry Valley - 2BR, 1B, LR, EIK, CAC - \$89,000
 1BR, 1B, Great area - \$57,500
 2BR, New Bath - \$115,000
 1BR, 1B, mint condition - \$59,500

Hamilton Gardens - LR, Kit, 1BR, 1B, maint. \$640 - \$97,000
 LR, DR, New EIK, 1BR, 1B - \$98,000
Harrison House - 2BR, 1B, CAC, Lndry, 1 Gar - \$140,000
Horton House - 1BR, 1 new B, main \$491 mo. - \$79,000
Mulford Place - LR/fpl, DR, Den, 1BR, 1B, corner - \$85,000
Stewart / Franklin - 2BR, 1B, LR/fpl, DR - Rent/Sale \$149,000
 LR/fpl, DR, EIK, 3BR, 2B - Rent or Sale \$225,000
All New 3BR, 2B, LR/fpl, DR, EIK - \$300,000
Douglal Fraser Realty, 249-6855 gcf1

GARDEN CITY, 2 BR, second floor. Best location facing 15th Street. A.C. washer/dryer, wall to wall, attic, garage \$106,000. 294-0289. gcf4

UNIQUE 1 BR CO-OP on 7th Street, includes private garage w/electric door. Low maintenance, convenient to everything. Asking \$89,500. Ask for Mary or Bob (Owner/broker) The Prudential Taylor Warner Co. 741-4422. gcf4

MINEOLA HORTON HOUSE Co-Op: Front apartment, 1BR, new kitchen, updated bath, loads of closet space, air conditioning. Parking available on and off premises. Principals only. \$79,900. 741-5210. gcm4

CHERRY VALLEY APARTMENT 1BR, upper corner unit. Private entrance, CAC, new Kitchen and Bath, ceramic tile entry. 75% tax deductible. Must see! Owner, \$92K, 741-2441 gcf1

GARDEN CITY CO-OP, 2 BR, second floor, center of Village. 1 Block to LIRR & all shopping. Refinished floors, new windows. \$116,000 Owner 873-9469. gcf3

MINEOLA 1 BR CO-OP. Perfect condition, excellent location. Will finance. Horton House. \$79,000 neg. after 6 p.m. 248-2139. gcf3

GARDEN CITY, HAMILTON House, 101 Second Street, Unique 1 BR, Co-OP. New Kitchen, lots of extras. a steal at \$70,000. Seller Financing Available. (days) (718) 641-4945, (eves) (516) 741-8894. gcf3

GARDEN CITY MINT 1 BR Co-op second floor separate entrance. Walk to stores & LIRR. Owner \$69,900. Eves 294-7496. gcf1

GARDEN CITY CHERRY VALLEY Co-Op - Spacious 1 BR, new EIK, prime location. Walk to RR and stores. Maint. 80% deductible. Principals only. 742-6843. \$83,000. Must sell. gcf3

Co-Op For Sale

MINEOLA, SPACIOUS MODERN new sunny corner, 2 BR, 2 1/2' LR, wall to wall carpeting, dishwasher, microwave, A/C, levelers. Assumable mortgage of \$26,800. Low maintenance. Parking. Immediate occupancy. Walk to all. Owner financing if qualified. \$94,000. Stan Hirsch Enterprises. 292-9840. gcf1

GARDEN CITY / HEMPSTEAD. The Mulford. Must sell, transferred. Large 1 BR, EIK, Oak Floors, High Ceilings. Lots of closets, walk to LIRR \$39,000. 292-0483. gcf1

GARDEN CITY - CHERRY VALLEY Co-op. 1 BR, 1st floor, CAC, great condition and prime location. \$69,500 negotiable. 742-7642. hjan4

FLORAL PARK RENOVATED 1 BR Co-Op. Walk to LIRR/bus/stores. 35 minutes to NYC on LIRR. Low maintenance. \$80,000. Owner, 775-7820. gcf4

Real Estate For Rent

ALBERTSON; LARGE AIRY STUDIO Apt., full bath & kitchen, carpeting, private entrance, parking, utilities included. Single person, no pets. By owner - \$575. 747-1895. wf2

FLORAL PARK APARTMENT. New 1 BR bsmt. apt. All new everything, large, fully carpeted, all new appliances, convenient to all, walk-in-closets, EIK, private entrance, very bright, no stucco or paneling here. Singles only, no pets. n o s m o k e r s. \$ 5 9 0. 775-4258. gcf2

PROFESSIONAL OFFICE SPACE Center of Great Neck, Cutter Mill & Middle Neck Road. 1, 2, or 3 room office space for rent/bsmt. Shared waiting room, basic furniture. Can utilize existing phone equipment, copy and fax machine. 24-hour access, great atmosphere. Available immediately. Any tenant business acceptable. Call 487-2318. Reasonable. hf1

GARDEN CITY STUDIO room with private bath available. Private entrance, parking, refrigerator, microwave. Excellent location. 741-3791. gcf4

WEST HEMPSTEAD, SECOND FLOOR, private entrance, large BR, LR, LR, EIK, full bath. Walk to LIRR, near parkway. Working couple preferred \$700 all. (516) 489-1781. gcf4

BELLEROSE - 3 1/2 ROOMS, ideal for newly weds. Move in condition, private entrance. Call 747-2225. Available Feb. 15. gcf4

MINEOLA-WESTBURY-GARDEN CITY SOUTH, Franklin Square and others. Beautiful Apartments Available Now: Studios - \$450 to \$600 a month; 1 BR \$575 a month; Large 1 BR \$775 a month; 2 BR \$850 to \$900 a month; Large 3 BR Apt. \$1,100 a month. Royal Int'l. 742-3355. WF3

Real Estate For Rent

GARDEN CITY BORDER
Luxury apartment building. 1 BR Apt. + Den. Large bright rooms, A/C, new Kitchen & Bath. No fee. \$850. 489-3010 days, 483-7449 even & weekends. gcF2

GARDEN PLAZA LARGE
Studio Apt. Walk to RR, shops, hospital, courts. 24 hr. security, A/C, w/w, parking. \$775 plus. 294-3199. Before 9 p.m. gcF1

GARDEN CITY LOVELY
quiet furnished room. Private entrance, bath. Mature, non-smoker preferred. References 746-0018. gcF1

FRANKLIN SQUARE. NICE,
convenient location, second floor, 3 1/2-4 room apt. full bath, kitchen, DR, large BR, plenty of closets & storage space. No pets, single person preferred. \$650 utilities included. 354-1456. No smokers. gcF4

GARDEN CITY FURNISHED room for rent. private entrance, non-smoker, share bath, kit. privileges. Near RR. 742-7706. gcF3

FRANKLIN SQUARE 1 BR bsmt. apt. Private entrance \$550 includes all. 481-7934, 489-0275, lv. message. gcF1

GARDEN CITY SOUTH Bsmt. studio, separate entrance, private bath, non-smoker, mature business person, male preferred. references & security \$575 neg. 486-4263. gcF1

WILLISTON PARK FIRST floor legal two family house. LR, FDR, EIK, sun porch, 2 Bns. Bsm. & yard. Garage available. \$1,050 includes heat & hot water. Available immediately. 741-5059. wf1

MINEOLA: FURNISHED ROOM for one. 747-1110. wf1

FLORAL PARK, 1 BR apt., second floor, outside terrace, garage, newly decorated, near RR mid \$700's. Immediate occupancy. No fee. 437-7245. gcF2

GARDEN CITY FURNISHED room, separate entrance, private bath, non-smoker. Mature business person, male preferred. References & security. 741-0535. gcF3

FRANKLIN SQUARE HOUSE to rent. 2 BRs, Kitchen, Dinette, LR & Bath, attached Deck. Near all \$900 monthly. Owner 489-0026. Leave message. gcF1

NEW HYDE PARK - 3 1/2 bright, large rooms, 2 family house, private entrance, appliances, heat, hot water, full bath. Quiet, residential area. Walk to RR, buses, stores. Professional, non-smoker. References, lease, 488-4815. gcF1

BELLEROSE 1 BR APT completely renovated. New bathroom, hardwood floors, EIK, good location. Near RR & stores. Move-in condition. \$625. 292-0484, 292-0302. Leave message. gcF3

Real Estate for Rent

APARTMENT FOR RENT - Immediate occupancy, 2 BR. Kitchen, Living Room, washer/dryer, walk to RR. Storage and driveway. Owner, references. \$960 per month. Daytime number, Debbie 822-5200. Evenings and weekends, 334-5461. hf1

PROFESSIONAL OFFICE SPACE for rent. Mint condition. Available spring, 1993. Willis Ave. between Ferdham & Harvard Sts. 2100 sq. ft. No fee. Contact owner. 746-3141. W-F-4

APTS FOR RENT - GARDEN CITY & vicinity - Heart of Village: 1 BR. \$995 to \$1,295; Prestige 1 BR Condo - C/A \$1,400; 1 to 2 BR elevated building, \$875 to \$1,000; 1 BR \$825/815/675; West Hempstead - 2 BR, children OK - \$895. 1 BR Cottage \$900; 1 BR Co-Op, garage \$730; Studio with pool \$650; Williston Park - First floor, 2 BR, FDR, garage, walk to all, \$1,000. Elaine J. Nolan 485-7054 - 292-9749. W-F-1

ROSLYN HEIGHTS, GARDEN Apartment, 1 BR, LR/DR, full bath, w/w, private entrance, walk to RR, mint condition. \$900 includes heat and parking spot. 746-1415. ecF2

HOUSES FOR RENT - Garden City - 6 BR, Hi-ranch, 2 baths, EIK - \$2,250; 4 BR Tudor, Colonial, 2 new baths, EIK - \$2,100; E. Rockaway, SD#20, 3 BR Colonial, new kitchen - \$1,100; Garden City Park - 3 BR's, 1 1/2 bath - \$1,500; Garden City South - Cape, 4 BR, 2 bath - \$1,500; New Hyde Park - 5 BR's, 2 baths, Hi-Ranch - \$1,900; Sea Cliff - 2 BR Ranch - \$1,300; W. Hempstead - 4 BR, Cape, garage & new kitchen - \$1,100; 1 BR Cottage \$900; 3 BR expanded Cape, fpl, 2 car \$1,800; Woodbury - 3 BR Condo, 3 1/2 baths, 4 years young, fin. bsmt. 2 car - \$3,850; Woodmere - 6 BR, expanded Ranch, 3 baths, EIK, den, fpl. - \$2,200. Elaine J. Nolan - 485-7054 - 292-9749. W-F-1

FRANKLIN SQUARE APT. for rent. Cozy 1 BR, second floor apartment, private entrance, EIK, new carpeting, large full bath, very bright, plenty of windows. Walk to transportation and stores. Single, mature, non-smoker. \$630 a month. 775-4256. gcF2

STEWART MANOR APT. 2 BRs, 1 bath, kitchen. Near shopping & LIRR. Available Feb. 1 \$925 a month. 328-8584. gcF1

ROOM FOR RENT in Garden City. Convenient to transportation and shopping. Kitchen privileges available, share bath. Mature, employed person preferred. 747-6589. gcF2

WILLISTON PARK. CHARMING Lrg. Studio Apt. available. Excellent location. Close to all, 294-8897. wf1

FLORAL PARK VILLAGE. New deluxe 3 room apt., patio, storage space, yard, LIRR, convenient to all. Single preferred. \$675 per month. Call owner 488-2314. gcF3

Real Estate for Rent

ALBERTSON: LARGE FURNISHED Room. Large walk in closet. Private entry. Refrigerator, wall to wall, share bath. Prime location. Non-smoker. Male preferred. \$85 per week. 741-8588. wf2

QUEENS VILLAGE SPLIT - 3 BRs, 2 Ba, EIK, FDR, LR, large private yard, garage, \$1,200 a month. One month's security and references required. (718) 327-4614. gcF2

GARDEN CITY - HEMPSTEAD Cathedral Gardens. Large renovated 2 BR, bright, airy, best in complex. Dishwasher, wall to wall - \$875. By owner. No fee. 565-3159. gcF2

CATHEDRAL GARDENS - LARGE 1 BR Co-Op, LR/DR Combo, new EIK, w/w, quiet building block. \$650 monthly. No fee. 783-3155. gcF2

FURNISHED ROOM FOR professional gentleman. Telephone interview, references and security required. Share bath. Call 742-2728. gcF3

GARDEN CITY HAMILTON Gardens. Spacious 1 BR, renovated Kitchen & Bath, beautiful oak floors, high ceilings, archways, quiet first floor location on Hamilton Place. \$1,100 monthly. Now Available. 741-0913. gcF3

BELLEROSE 1 BR APT. kitchen, LR, Priv. Entrance, near RR, bus & stores, second floor, newly decorated. Non-smoker preferred. \$600 per month. (718) 347-4000, (516) 292-0302. gcF2

Vacation Rental

STRATTON MOUNTAIN, VT. trailside Condo. Spectacular views. Walk to lift. All amenities. Convenient to all facilities incl. pool, sports club, village, shoppes. Available for rental. (516) 742-2818, (718) 258-3434. gcF1

VERMONT SKI RENTAL Enjoy the beauty and serenity of Vermont this winter. Fully equipped home convenient to Bromley, Stratton and Okemo. Discover the picturesque villages of Southern Vermont. Terrific shopping and first class restaurants, all at affordable prices. Call owner for details. 248-1254. hf4

MARCO ISLAND 2 BR, 2 bath Condo on gulf beaches, tennis, pool. South Seas East Midrise. 271-6479. gcF4

MONTAUK WINTER GETAWAY special. 4 nights \$225 a couple. 2 rm suite, heat, full kit. Sleeps 4. Walks, dining, shopping. Hundred feet to beach. Also for sale. \$38,500. 1 m m a c u l a t e . C a l l 724-5572. gcF1

EAST-MARION BAYFRONT Paradise. 100 feet sandy, private beach. Forever yours, charming country home, 5 BRs, 3 Baths, EIK, FDR, LR/Fpl, den, huge deck. Available May-October. Call 437-3333. gcF1

Vacation Rental

CATSKILLS - 2 1/2 HOURS from New York, 5 minutes from Hunter, Windham skiing. 3 BR, 1 1/2 Baths, full kitchen, great view, hot tub. President's week 2/12-2/21. Sleeps six. Family only. \$1200 w/security. 741-1098. gcF3

VACATION HOME WITH POOL. Westhampton, walk to Main Street. 3 BRs, 2 Baths, LR/Fpl., DR, EIK, 20x40 in-ground swimming pool. All appliances, stereo, TV with VCR. Call 741-1443. gcF3

MT. SNOW/HAYSTACK. large fully equipped 4 BRs, plus loft, 2 1/2 baths with color TV, VCR, microwave, heated garage. Beautiful views, lots of privacy. Available by the week or weekend. Call 466-6120 gcm4

SHAWNEE, PA. 7 BR Inn for rent. Comfortable furnished & fully equipped, scenic location. Just minutes from Shawnee Mt. Ski Slope. Week-end rentals or longer. Week-end \$700 248-4963. gcF4

SKI WINDHAM SLOPESIDE Condo, sleeps 8. Immaculate, saunas, 2 Baths, views, available weekends, weekdays, holidays. 536-2668. gcF2

SOUTHOLD COUNTRY HOME. 3 BRs, fully equipped, lrg. screened porch. Walk private beach, washer/dryer, cable, immaculate. By season or \$1,300 monthly, May, June, Sept. \$2,000 for July or August. 334-0196. gcF1

CARIBBEAN: A LOVELY vacation on Anguillain modern private home or garden apartment. Personal welcome; endless beaches; all amenities. By the week - \$600. Garden apartment for 2 - \$1,200 - \$1,400 for main house. (516) 564-8476, evenings. gcF3

FAIRFIELD MTS. LAKE Lure, N.C. Beautiful Condo. 2 BR, 2 Baths, sleeps 6. Complete Kitchen, DR, 2 Golf Courses, 2 Country Clubs, Tennis, Pool, Lake, Terraces \$675. Available 6/12-6/19/93. 796-4243. gcF3

WEST HEMPSTEAD. SECOND Floor, private entrance, Large BR, LR, DR, EIK, full bath. Walk to LIRR, near parkway. Working couple preferred. \$700 all 489-1781. gcF3

Real Estate Wanted

WANTED: SPACE FOR STORAGE of household things anywhere in Nassau County. Could be garage, store, or space in building. Rent negotiable. (718) 468-4215. hf4

MATURE BUSINESS COUPLE & mother wishes to rent home in Garden City or vicinity. Needs 2 baths and 2 year lease. References available from present landlord. No realtors. On or around May 1. 437-3368. gcF2

PROFESSIONAL COUPLE SEEKS home in Garden City, \$295K - \$345K. Serious buyers, no home to sell. No Brokers. 326-7469. gcF3

Real Estate Wanted

ARTIST LOOKING FOR reasonably priced space to rent as studio. Store Basements and second floors welcome. Would prefer heat and good light. Call Sharon at 783-7656. gcF3

YOUNG COUPLE WITH CHILD wishes to buy a home in Garden City. Able to close quickly, no home to sell. Mid to upper \$200's. (718) 225-9210. gcF2

HAVE SOLD OUR HOUSE & need a new one in Stratford School district. Desire 4 BR's, lower \$500's. Principals only please. Call after 7 p.m. 248-7040. gcF2

FRANKLIN SQUARE FAMILY interested in purchasing home in Garden City, in the \$200's range. No realtors please. Call Angelo or Angela at 354-8007. wf1

Real Estate To Share

WILLISTON PARK - SHARE HOME - companion to elderly lady. Non-smoker, mature female. Call daughter, evenings, 751-0577. wf3

For Sale

MOVING. SOHMER PIANO, Microwave, 40's Singer sewing machine, freezer 13.5 cu. ft., foot locker, 28 ft. alum. ladder, air conditioners. 747-8733. gcF1

STEPPER EXERCISE MACHINE "Life Style" New completely assembled \$55. Sony Watchman, batteries not included \$25. Call after 7 p.m. or weekends. 354-2808. gcF1

BLUE FLORAL SOFA Bed, 6 months old \$500. Kitchen table & 2 chairs \$30. Call 352-7487. gcF1

DINING ROOM SET: ITALIAN Provincial oval table, six cane back chairs, china closet, buffet server. Fruitwood. Good condition. Asking \$700. Best offer. 747-0787. wf3

MUST SELL, MINEOLA, WHEATLEY School District. Brick, New Kitchen, New Bath. Short line Cape. No brokers, please. \$200's. (914) 268-6351. hf3

MOVING - FURS, Long Coyote coat 8-10, \$550 worn twice, 1/4 Blue Fox Jacket 10, \$300. Like new. 747-0858. gcF3

CHINESE ORIENTAL RUG. Royal blue/pink, green & taupe flowers with dragon in center. New - was \$1,700. Asking \$900. 747-8281. gcF2

2 CONTEMPORARY SOFAS, love seat, chairs, corner bar, 3 stools, folding desk, recliners, glass cocktail and sofa tables, glass fireplace screen, tools, lamps, steel wine rack, microwave and exercise equipment. 742-8281. gcF2

MOVING SALE: HARDEN love seat, Baker sleigh headboard, 1920 sofa, cherry dining table, cherry coffee table, small maple table, etc. Mint condition. 747-8926. gcF2

For Sale

CHINESE ORIENTAL RUG.
Royal blue/pink, green & taupe
flowers with dragon in center.
Asking \$750. 741-1429. gcF4

**PENNSYLVANIA HOUSE
SOLID Pine 48" round dining
table with two leaves and four
matching country chairs. \$550.
742-0464. wF3**

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oak hutch, two-piece, 44" wide.
Reasonable. Call 333-2651. gcF2**

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tom made. Paid \$6,000, sale
\$1,600. Excellent condition.
486-3611. wJ4**

**LARGE LIVING ROOM mir-
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condition. Price negotiable.
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Topps - 24 teams, 900 cards in
all \$350. Also, 30 Mad
Magazines 1970-1984, \$75.
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WALNUT Upright Piano. Ex-
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selling for \$1750 or very good
offer. 746-3403. Leave
message. gcF4**

**MOVING SALE - 8 x 9 Berber
area rug, commercial freezer,
exercise bike, small
refrigerator, etc. Best offer.
741-3791. gcF4**

CHINESE ORIENTAL RUG.
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flowers with dragon in center.
Size 9 1/2' W x 14 1/2' L. Asking
\$750. 741-1429. gcF4

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fruitwood with inlaid mirrored
table top includes lighted hutch
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couches, lawn mower, leaf
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Park. W.F-1**

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SCOOTER. Windshield: Hal-
met; bag; low mileage; rear
carrier, watercooled. Excellent
condition. Garaged. \$1,050.
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**1990 HOLIDAY RAMBLER,
460 Ford Motor. Generator, full
hook-up. 12,500 miles. Sleeps
six; twin beds, overhead bed,
couch. Cargo door. Fully equip-
ped kitchen and bath.
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electricity or battery. Best offer
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Car For Sale

**MERCEDES 1985 190 E
leather, ABS, seat heaters,
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extra wheel. Excellent condi-
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miles, bought in August, 1992.
Mint condition. Asking \$7,500.
(516) 354-1806; (212) 563-3264.
gcF2**

**1985 BMW 318 I WHITE, 2
door, excellent condition. Must
sell, \$5,500. 488-7219. gcF3**

**1987 LINCOLN MARK VII,
white w/burgundy leather, all
power, abs brakes, new tires,
brakes, exhaust & battery. al-
ways garaged. Mint. Sacrifice at
\$9,950. 294-4135. gcF1**

**TOYOTA CELICA GT5 88
coupe automatic, fully loaded
white, sunroof, 50 K, one owner,
excellent condition. 746-4571.
\$7,800. gcF1**

**1982 PLYMOUTH RELIENT.
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**1986 CUTLASS SUPREME,
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**'89 HONDA ACCORD LXI,
black, 4 door, 5 speed, sunroof,
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owner \$8,750. 489-0071. gcF4**

**'85 FORD MUSTANG LX.
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**1987 OLDSMOBILE CUT-
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automatic, good condition. As-
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**1989 PLYMOUTH GRAND
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HOLY SPIRIT YOU WHO SOLVE all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again, that I never want to be separated from you ever in spite of all material illusions, I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. M.F. W-F-1

GRANDPARENTS - Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. See the Notice column in the Classified Section for more information or call 931-0012.

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Garage/Tag Sale

ESTATE SALE, ATTIC TO BASEMENT Saturday & Sunday, February 13 & 14, from 10 to 4 p.m. 221 Concord Ave., W. Hempstead off Mayfair Ave. Classic dining room set, master bedroom set, wrought iron table & chairs (porch set), 78 records and books. Antique cameras. Much bric-a-brac. Much, much more. W-F-2

PRAYER TO THE BLESSED VIRGIN (Never known to fail). Oh, most beautiful flower of Mt. Carmel, fruitful vine splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and show me, herein you are my mother. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary conceived without sin, pray for us who have recourse to thee (3X). Holy Mother, I place this cause in your hands (3X). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. J.J. hf1

Vegetarian View



By Margaret Wing-Peterson

Jicama adds something special

A decade ago, jicama was one of the exotic strangers in the produce department. Now, the Mexican import is so well known that most people can even pronounce it (say HEE-ka-mah).

However, our use of jicama has been rather limited. For example, I looked up jicama in "The Calorie Counter," and the text referred me to "yam bean tuber."

According to the book, 1/4 cup of raw, sliced jicama has 23 calories, which, of course, makes it a slim food. It is also low in sodium and a good source of potassium and vitamin C. The text included the information: "boiled, drained, 4 ounces, 32 calories."

Since I've never had, or heard of, boiled jicama, I checked further with a newly published produce guide, "Sweet Onions and Sour Cherries: A Cookbook for Market Day" by Jeannette Ferrary and Louise Fizzer (Simon & Schuster).

"Jicama can be steamed, baked, boiled, mashed or fried," write the authors. Perhaps. But most of us slice jicama into stalks and eat them in place of chips with spreads or guacamole.

If you've been hesitant to try the large root that looks like a brown turnip, take a fresh look at it for salads and stir-fries. Jicama's sweet taste is suggestive of water chestnuts.

Jicama is available year-round. Peeled slices can be put in a container and stored in the refrigerator for up to a week. To maintain whiteness, rub a cut lemon or lime on cut surfaces.

Remember, the fibrous brown skin, which is unappealing anyway, has to be cut off before the crisp white core can be eaten. I try to buy the smaller sizes of ji-

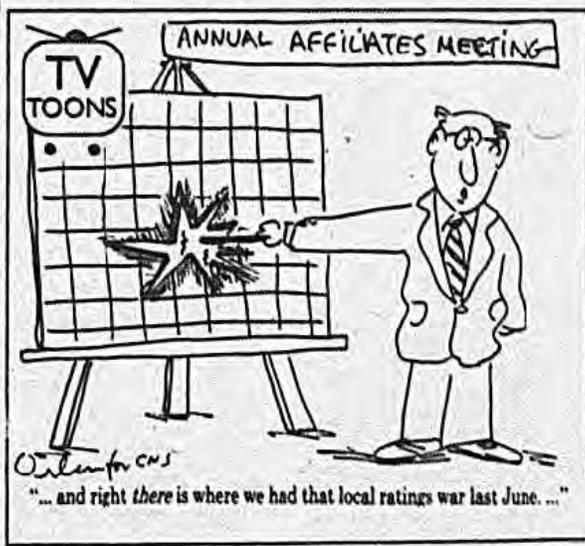
cama because they're easier to cut up, but pieces are available at weights up to 6 pounds.

The following recipe takes jicama out of the snack category and makes it an element in an entree salad. It is from "Sweet Onions and Sour Cherries."

- TUNA, SNOW PEA AND JICAMA SALAD**
- 4 cups tuna, drained
 - 1/2 pound snow peas, blanched and drained
 - 1 small jicama, peeled and cut into matchsticks
 - 1/4 cup fresh lemon juice
 - 3 tablespoons soy sauce
 - 2 tablespoons vegetable oil
 - 1 tablespoon sesame oil
 - 1 tablespoon grated fresh ginger
 - Salt and pepper to taste
- Yields 6 servings
- In large bowl, toss tuna with snow peas and jicama. Combine remaining ingredients until well blended and toss with the jicama-tuna mixture.



Vegetarian View



Kids Home Newspaper



Games, rhymes, and riddles for children and their parents, too!

By J.R. Rose -

DRAW IT!

DRAW A LONG BODY ON THIS DACHSHUND!



WHAT DO YOU CALL IT WHEN 12,000 DOGS AND CATS ESCAPE FROM THE POUND?

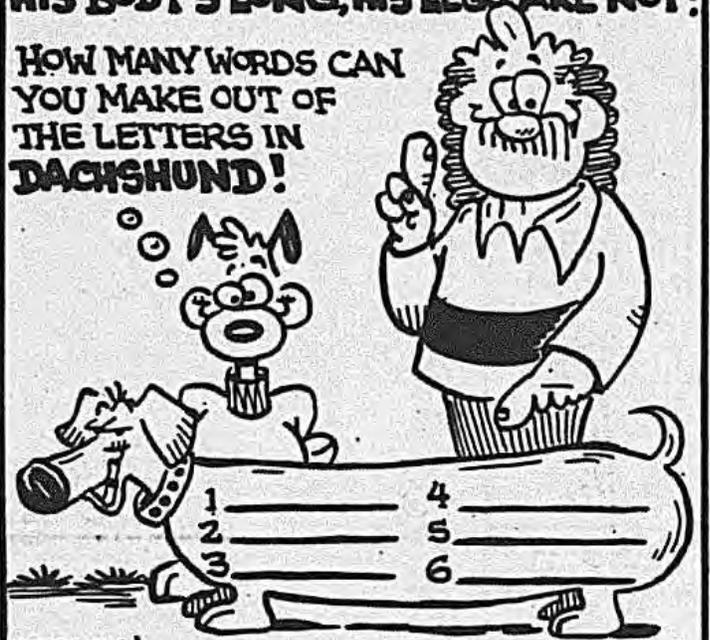
A DOG-GONE CAT-ASTROPHE!



PUP THANKS BRAZ BROOKS OF YUCCA VALLEY, CA.

THIS DACHSHUND PUP IS OUR NEW FRIEND! HIS COLOR IS A BROWNISH-BLEND. A FUNNY SHAPE IS WHAT HE'S GOT - HIS BODY'S LONG, HIS LEGS ARE NOT!

HOW MANY WORDS CAN YOU MAKE OUT OF THE LETTERS IN DACHSHUND!

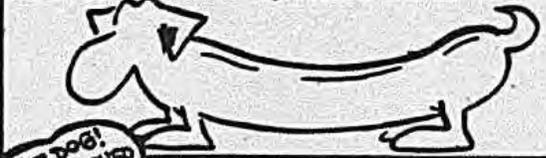


J.ROSE! ©1993 UNLEY NEWS SERVICE!

IT'S EASY TO DRAW A DACHSHUND!



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81 EAST BARCLAY STREET
HICKSVILLE, NEW YORK 11801

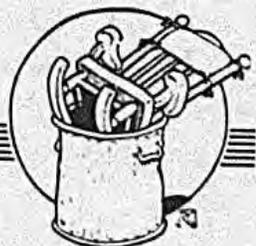
WHY IS THIS DOG RUNNING IN CIRCLES?

BECAUSE HE'S A WATCHDOG AND HE IS WINDING HIMSELF UP!



PUP THANKS SHAKUR HUFF OF ALEXANDRIA, VA.

ANTIQU OR JUNQUE

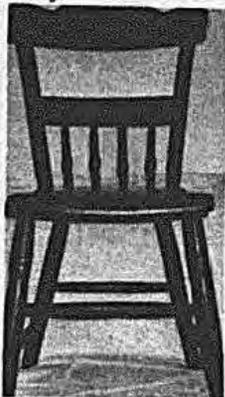


By James G. McCollam

Original finish would add value

Q. Enclosed is a picture of a hand-decorated antique chair that has been in our family for generations. It was redone a few years ago.

Please advise us to when it may have been made and what its value is today.



A. This half spindle-back side chair was made in the third quarter of the 19th century. With its original stenciled and hand-painted finish, it would be worth about \$200.

Since the decoration has been redone, it would sell for about \$175.

Q. The attached mark is on the back of a 9-inch plate. It is heavy china decorated with vividly colored floral. It looks like some Quimper plates I have seen.

I would appreciate your opinion as to the identity of the maker, the vintage and value.



A. Your plate was made about 1800 by Antoine Foaque in Toulouse, France. It is typical of the earthenware made in southern France 200 years ago.

A plate such as you describe might sell from \$100 to \$200 depending on condition.

Q. This inquiry is about what appears to be a dessert set consisting of a cake plate and six individual dessert plates. On the face of each piece is a border of 22-karat gold; in the center is a picture of three women and a tree. On the

back is "Atlas China — Made in the U.S.A."

Would you be able to comment on the company that made this set, its age and approximate value?

A. The Atlas China Co. was a manufacturer of moderately priced dinnerware. Your dessert set would probably sell for \$35 to \$45.

CAPO-DI-MONTE

"Capo-di-Monte" is a term that is widely used and widely misunderstood.

Capo-di-Monte originally was a soft-paste porcelain made in a factory owned by Charles III, king of Naples. Capo-di-Monte was the name of the king's castle. The mark used was a crown over an "N" from 1740 to 1759.

In 1759, Charles became king of Spain and moved his porcelain works to Madrid. He called this "Buen Retiro" in honor of his new castle. The mark used was Charles' monogram. He continued operations until 1808.

Meanwhile, back in Naples in 1771, King Ferdinand of Naples revived the original Capo-di-Monte factory and operated it until 1821. The mark he used was a crown over "RF."

In 1834, the factory was taken over by Carlo Ginori and moved to Doccia. The mark of the crown over "N" was reborn.

In subsequent years, this mark was used by many companies, including the Societa Ceramica Richard in Milan and Ernst Bohne & Sons in Rudolstadt, Germany.

The porcelain produced by Charles III and King Ferdinand was made for royal use. Today, most of these early pieces are found in museums. What little appears on today's market sells in the \$2,000 to \$25,000 range.

Twentieth century Capo-di-Monte porcelain usually sells for less than \$100 to \$500 or \$800.

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Points on Pets

By R.G. Elmore, D.V.M.

Q. Our 3-year-old cat has quit using her litter box. We recently acquired another cat. Could this be the reason for our older cat's behavior? We have tried changing the kind of litter that we use. This has not solved the problem.

A. One of the most common behavioral problems in cats is not using the litter box.

There are many reasons for this very annoying behavior. Cats are generally very clean animals. Evidence of this is their almost constant grooming. Because of this characteristic, cats are usually fussy regarding their litter boxes. Cats that live outside commonly dig individual holes for each bowel movement and then cover the hole. This decreases the amount of unpleasant odor from the fecal material.

Whenever several cats are kept inside with only one litter box, unpleasant odors usually develop very rapidly. Some cats do not like to use litter boxes that smell badly. Therefore, the problem may be corrected by simply emptying the

litter box more frequently or by having individual litter boxes for each cat.

Changing brands of litter causes some cats to quit using the litter box. Cats are creatures of habit. If the new litter does not smell right, the cat may choose not to use the box. Whenever new litter is going to be used it should be mixed gradually into the old litter over a period of time.

Stress can cause cats to quit using their litter boxes. Stress can be caused by something as simple as changing the arrangement of furniture in the house. New pets or children added to the household can cause great stress in pets.

Keeping litter boxes clean, making only gradual changes in types of litter used, and avoiding stressful situations in the cat's environment will help prevent or correct behavioral problems related to the litter box. Having two litter boxes might help solve your problem. It might be that your old cat does not want to share a box with your new cat.

JUNIOR EDITION



CARTONIST'S TIP: IF YOU WANT A CHARACTER TO SHOUT OR YELL LOUDLY HEAR THEIR MOUTHS REALLY LARGE. THEN DRAW EYES AND EYEBROWS TO SHOW HOW THEY FEEL. TRY IT OVER HERE!

Aunt Tilly's Corner

It was exceptionally cold this week. I hope you did not have to go outside and were able to do something warm and toasty indoors.

If you had to go outdoors, I hope you remembered to wear your gloves, hats and scarves. Even though the winter weather is usually cold at this time of year, I don't always have to wear all these extra clothes. To tell the truth, I had a hard job trying to find them when I needed them, but I was glad I had them when I was out in that cold weather. So take the time to dress warm. In this temperature it could prevent frostbite.

Your friend,
Aunt Tilly

RULES

BOYS AND GIRLS

Here is your chance to win One Dollar (\$1.00) - to spend or to save.

Here's all you have to do:

1. Contest is open to children 4 to 12 years of age.
2. Entries must be received by Friday, February 12, 1993

3. Paint, watercolors and crayons must be used on the above.

4. Decisions of the judges will be final.

Mail your entry (just clip our cartoon) to this newspaper at:
105 Hillside Avenue
Williston Park, N.Y. 11596

YOUR SOCIAL SECURITY

When benefits reduce Social Security payments

By William M. Acosta

Q. I receive federal workers' compensation benefits and a reduced Social Security disability check. How long will my Social Security benefits be reduced? — C.N.

A. The reduction will continue until the month you are 65 or the month that workers' compensation and/or other public disability payments stop, whichever comes first.

Q. I received my annual statement from Social Security, which gave me the total amount of Social Security benefits that I received in 1992. What is the purpose of this statement? — Q.J.

A. These statements are used in determining if any benefits are subject to federal income tax. Beneficiaries who file an individual tax return may owe taxes on some of their benefits if their combined income exceeds \$25,000.

Married couples who file joint tax returns may have to pay taxes on some of their benefits if their combined income exceeds \$32,000.

(Combined income is an individual's or married couple's adjusted gross income as reported on Form 1040, plus non-taxable interest,

plus one-half of the total Social Security benefits received for the year.)

Q. I have a child who is mentally handicapped. My husband and I both work. Would it do any good to file for Supplemental Security Income? — S.L.

A. Effective Nov. 1, 1992, a new rule eliminates two of the three formulas previously used to determine how the parents' income will affect a child's eligibility for SSI and the amount of the monthly benefit payment.

Two groups of children are encouraged to contact Social Security to see if the new rule affects their eligibility: children whose application for SSI benefits were filed before November 1992, who were denied benefits based on their parents' income and children for whom no application was filed because it was believed their parents' income would make them ineligible.

YOUR SOCIAL SECURITY

The World's Most Beautiful Grandchildren



Meet our precious granddaughter, Victoria Ashley Charbonneau. This adorable bundle of joy was born on May 14, 1992, and is the daughter of Donna and Mark Charbonneau of Seaford. Victoria Ashley, the only grandchild of both Pierina and Antonio Liberatosciolo of Garden City and Joyce and Yvon Charbonneau of Seaford, made this past Christmas quite a memorable one for all those who love her.



What a gift from God, to have wonderful grandchildren. Here are two. Their names are Anna and Michael Bandierini Wood, children of Kenneth and Laura Wood who reside in Garden City. Their grandparents are Fred and Mona Bandierini, also of Garden City, and Herbert and Dorothy Wood.